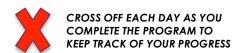


MUSCLE MODE WORKOUT CALENDAR

Bu Guru Mann

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
AM: CARDIO+ABS PM: CHEST + TRAPS	PM: ARMS+CALVES	AM: CARDIO+ABS PM: BACK	PM: SHOULDERS	AM: CARDIO+ABS PM: LEGS	PM: ARMS+CALVES	RECOVERY
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
AM: CARDIO+ABS PM: CHEST + TRAPS	PM: ARMS+CALVES	AM: CARDIO+ABS PM: BACK	PM: SHOULDERS	AM: CARDIO+ABS PM: LEGS	PM: ARMS+CALVES	RECOVERY
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
AM: CARDIO+ABS PM: CHEST + TRAPS	PM: ARMS+CALVES	AM: CARDIO+ABS PM: BACK	PM: SHOULDERS	AM: CARDIO+ABS PM: LEGS	PM: ARMS+CALVES	RECOVERY
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
AM: CARDIO+ABS PM: CHEST + TRAPS	PM: ARMS+CALVES	AM: CARDIO+ABS PM: BACK	PM: SHOULDERS	AM: CARDIO+ABS PM: LEGS	PM: ARMS+CALVES	RECOVERY
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
AM: CARDIO+ABS PM: CHEST + TRAPS	PM: ARMS+CALVES	AM: CARDIO+ABS PM: BACK	PM: SHOULDERS	AM: CARDIO+ABS PM: LEGS	PM: ARMS+CALVES	RECOVERY
Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
AM: CARDIO+ABS PM: CHEST + TRAPS	PM: ARMS+CALVES	AM: CARDIO+ABS PM: BACK	PM: SHOULDERS	AM: CARDIO+ABS PM: LEGS	PM: ARMS+CALVES	WEIGHT CHECKUP EARLY MORNING



WEIGHT: DAY 1____ DAY 42____ ACHIEVE YOUR GOAL: YES/NO