



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 <small>EARLY MORNING</small>



**CROSS OFF EACH DAY AS YOU
COMPLETE THE PROGRAM TO
KEEP TRACK OF YOUR PROGRESS**

WEIGHT: DAY 1 _____ DAY 42 _____

ACHIEVE YOUR GOAL: YES/NO

Designed & Created by Guru Mann
ISSA/ASFA/NASM/ACE/ACSM Level-III CERTIFIED | Biomechanics & Kinesiology – Human Kinetic

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