

4-Week Muscle Up Challenge Calendar

Level 1: each muscle group 1x per week

Month : _____

DAY / WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	Quads, Glutes & Hammies	Chest & Back	Rest	Biceps & Triceps	Abs, Delts & Calves	Rest	Rest
WEEK 02	Quads, Glutes & Hammies	Chest & Back	Rest	Biceps & Triceps	Abs, Delts & Calves	Rest	Rest
WEEK 03	Quads, Glutes & Hammies	Chest & Back	Rest	Biceps & Triceps	Abs, Delts & Calves	Rest	Rest
WEEK 04	Quads, Glutes & Hammies	Chest & Back	Rest	Biceps & Triceps	Abs, Delts & Calves	Rest	Rest

4-Week Muscle Up Challenge Calendar

Level 2: each muscle group 2x per week

Month : _____

DAY / WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	Quads, Glutes & Hammies Biceps & Triceps	Chest & Back Abs, Delts & Calves	Rest	Quads, Glutes & Hammies Biceps & Triceps	Chest & Back Abs, Delts & Calves	Rest	Rest
WEEK 02	Quads, Glutes & Hammies Biceps & Triceps	Chest & Back Abs, Delts & Calves	Rest	Quads, Glutes & Hammies Biceps & Triceps	Chest & Back Abs, Delts & Calves	Rest	Rest
WEEK 03	Quads, Glutes & Hammies Biceps & Triceps	Chest & Back Abs, Delts & Calves	Rest	Quads, Glutes & Hammies Biceps & Triceps	Chest & Back Abs, Delts & Calves	Rest	Rest
WEEK 04	Quads, Glutes & Hammies Biceps & Triceps	Chest & Back Abs, Delts & Calves	Rest	Quads, Glutes & Hammies Biceps & Triceps	Chest & Back Abs, Delts & Calves	Rest	Rest

4-Week Muscle Up Challenge Calendar

Level 3: each muscle group 3x per week

Month : _____

DAY / WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Rest
WEEK 02	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Rest
WEEK 03	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Rest
WEEK 04	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Quads, Glutes & Hammies Abs, Delts & Calves	Chest & Back Biceps & Triceps	Rest

4-Week Muscle Up Challenge Calendar

Create Your Own Calendar

Month: _____

DAY / WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01							
WEEK 02							
WEEK 03							
WEEK 04							