

January

2021

INTRO / BEGINNER 6-WEEK LAUNCH WORKOUT CALENDAR



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LAUNCH #1.1	RECOVERY DAY	LAUNCH #1.2	RECOVERY DAY	LAUNCH #1.3	RECOVERY DAY	LAUNCH #1.4
LAUNCH #1.5	RECOVERY DAY	LAUNCH #1.6	RECOVERY DAY	LAUNCH #1.7	RECOVERY DAY	LAUNCH #2.1
LAUNCH #2.2	RECOVERY DAY	LAUNCH #2.3	RECOVERY DAY	LAUNCH #2.4	RECOVERY DAY	LAUNCH #2.5
LAUNCH #3.01	RECOVERY DAY	LAUNCH #3.02	RECOVERY DAY	LAUNCH #3.03	RECOVERY DAY	LAUNCH #3.04
LAUNCH #3.05	RECOVERY DAY	LAUNCH #3.06	RECOVERY DAY	LAUNCH #3.07	RECOVERY DAY	LAUNCH #3.08
LAUNCH #3.09	RECOVERY DAY	LAUNCH #3.10	RECOVERY DAY	LAUNCH #3.11	RECOVERY DAY	LAUNCH #3.12

