

# January

2021

## STRENGTH BASED WORKOUT CALENDAR



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LEVEL-UP	FUEL	LEVEL-UP	RECOVERY DAY	KETTLEBURN	LEVEL-UP	RECOVERY DAY
LEVEL-UP	TRIFECTA	LEVEL-UP	RECOVERY DAY	FUEL	LEVEL-UP	RECOVERY DAY
LEVEL-UP	FUEL	LEVEL-UP	RECOVERY DAY	KETTLEBURN	LEVEL-UP	RECOVERY DAY
LEVEL-UP	TRIFECTA	LEVEL-UP	RECOVERY DAY	FUEL	LEVEL-UP	RECOVERY DAY

