














VARIATION SERIES

 Date : January 2024


MON	TUE	WED	THU	FRI	SAT	SUN
						 Day 1 Glutes + Shoulders
 Day 2 Back and Biceps		 Day 3 Lower Body		 Day 4 Shoulders + Chest + Triceps		 Day 5 Glutes + Shoulders
 Day 6 Back and Biceps		 Day 7 Lower Body		 Day 8 Shoulders + Chest + Triceps		 Day 9 Glutes + Shoulders
 Day 10 Back and Biceps		 Day 11 Lower Body		 Day 12 Shoulders + Chest + Triceps		 Day 13 Glutes + Shoulders
 Day 14 Back and Biceps		 Day 15 Lower Body		 Day 16 Shoulders + Chest + Triceps		

 5 week series

 25 minutes long

 Minimal equipment : dumbbells, bench or chair and loop band

It's a **no-repeat series**, meaning the 2nd set of every exercise is a variation of the 1st one. **We never repeat the same exercise in a workout.**

 The timer is 40 sec. on and 20 sec. rest.