

JUST
TRI
IT

January 2021

SUN	MON	TUE	WED	THU	FRI	SAT
		10 Triceps Dips 5 Push-Ups 20 Mt. Climbers	10 Triceps Dips 5 Push-Ups 20 Mt. Climbers	12 Triceps Dips 6 Push-Ups 22 Mt. Climbers	1 12 Triceps Dips 6 Push-Ups 22 Mt. Climbers	2 14 Triceps Dips 7 Push-Ups 24 Mt. Climbers
3	4	5	6	7	8	9
Rest Day	14 Triceps Dips 7 Push-Ups 24 Mt. Climbers	16 Triceps Dips 8 Push-Ups 26 Mt. Climbers	16 Triceps Dips 8 Push-Ups 26 Mt. Climbers	18 Triceps Dips 9 Push-Ups 28 Mt. Climbers	Rest Day	18 Triceps Dips 9 Push-Ups 28 Mt. Climbers
10	11	12	13	14	15	16
20 Triceps Dips 10 Push-Ups 30 Mt. Climbers	Rest Day	20 Triceps Dips 10 Push-Ups 30 Mt. Climbers	22 Triceps Dips 11 Push-Ups 32 Mt. Climbers	22 Triceps Dips 11 Push-Ups 32 Mt. Climbers	Rest Day	24 Triceps Dips 12 Push-Ups 34 Mt. Climbers
17	18	19	20	21	22	23
26 Triceps Dips 13 Push-Ups 36 Mt. Climbers	26 Triceps Dips 13 Push-Ups 36 Mt. Climbers	28 Triceps Dips 14 Push-Ups 38 Mt. Climbers	28 Triceps Dips 14 Push-Ups 38 Mt. Climbers	30 Triceps Dips 15 Push-Ups 40 Mt. Climbers	Rest Day	30 Triceps Dips 15 Push-Ups 40 Mt. Climbers
24	25	26	27	28	29	30
30 Triceps Dips 15 Push-Ups 40 Mt. Climbers Repeat 2X						
31						

TRI TO BE GREAT