



Dan Abraham Healthy Living Center

Training Zone: A

August 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 4:30-5:30 pm Overhead Press	3 5:30-6:30 pm Overhead Press	4 4:30-5:30 pm Deadlift	5 5:30-6:30 pm Deadlift	6 4:30-5:30 pm Bench Press	7
8	9 6:00-7:00 am Back Squat 4:30-5:30 pm Back Squat	10 5:00-6:00 am Back Squat 5:30-6:30 pm Back Squat	11 5:00-6:00 am Overhead Press 4:30-5:30 pm Overhead Press	12 6:00-7:00 am Overhead Press 5:30-6:30 pm Overhead Press	13 6:00-7:00 am Deadlift 4:30-5:30 pm Deadlift	14 9:00-10:00 am Deadlift
15	16 6:00-7:00 am Bench Press 4:30-5:30 pm Bench Press	17 5:00-6:00 am Bench Press 5:30-6:30 pm Bench Press	18 5:00-6:00 am Back Squat 4:30-5:30 pm Back Squat	19 6:00-7:00 am Back Squat 5:30-6:30 pm Back Squat	20 6:00-7:00 am Overhead Press 4:30-5:30 pm Overhead Press	21 9:00-10:00 am Overhead Press
22	23 6:00-7:00 am Deadlift 4:30-5:30 pm Deadlift	24 5:00-6:00 am Deadlift 5:30-6:30 pm Deadlift	25 5:00-6:00 am Bench Press 4:30-5:30 pm Bench Press	26 6:00-7:00 am Bench Press 5:30-6:30 pm Bench Press	27 6:00-7:00 am Back Squat 4:30-5:30 pm Back Squat	28 9:00-10:00 am Back Squat
29	30 6:00-7:00 am Overhead Press 4:30-5:30 pm Overhead Press	31 5:00-6:00 am Overhead Press 5:30-6:30 pm Overhead Press	1 5:00-6:00 am Deadlift 4:30-5:30 pm Deadlift	2 6:00-7:00 am Deadlift 5:30-6:30 pm Deadlift	3 6:00-7:00 am Bench Press 4:30-5:30 pm Bench Press	4 9:00-10:00 am Bench Press
Feel free to use this training zone <u>except during times listed.</u>						

Schedule subject to change