

THE SPLIT

LOADED SPLIT CHALLENGE

FYI Live timetable/schedule

Monday - upper body/abs

Tuesday - full body

Friday - lower body

Sunday - full body



THE WEEKLY GOAL:

1x upper body/abs (UB)

1x lower body (LB)

1x full body (FB)

+ 1 other workout of choice (C)

(complete workouts LIVE or whenever)

Record your workouts each week using the key.

The aim of each week (& the key) is specified in the box to the left.

If you want to do more workouts (or even swap to make the challenge your own), you do you. Record workouts in the tables below.

Week 1

M	T	W
Th	F	S
Sun		
Add a reflection for the week		

Week 2

M	T	W
Th	F	S
Sun		
Add a reflection for the week		

Week 3

M	T	W
Th	F	S
Sun		
Add a reflection for the week		

Week 4

M	T	W
Th	F	S
Sun		
Add a reflection for the week		