



THE GORILLA PIT
Training, Nutrition & Lifestyle

90-DAY SPARTAN CHALLENGE PHASE #1

TRAINING CALENDAR

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	CHEST / BACK	QUADS	DELTS / BACK	HIIT CARDIO	ARMS	HAMS / CALVES	REST

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK 2	CHEST / BACK	QUADS	DELTS / BACK	HIIT CARDIO	ARMS	HAMS / CALVES	REST

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WEEK 3	CHEST / BACK	QUADS	DELTS / BACK	HIIT CARDIO	ARMS	HAMS / CALVES	REST

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WEEK 4	CHEST / BACK	QUADS	DELTS / BACK	HIIT CARDIO	ARMS	HAMS / CALVES	REST