

GREASE THE GROOVE DAILY PRACTICE CALENDAR

Never train to failure. Stay fresh. Do it often. Watch the reps stack up.

MY GTG PLAN

Push-up variation I am using:

Reps per set (aim for 50–60% of max):

Target sets per day:

4-WEEK CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN
W1 D1 sets done:	W1 D2 sets done:	W1 D3 sets done:	W1 D4 sets done:	W1 D5 sets done:	W1 D6 sets done:	W1 D7 sets done:
W2 D1 sets done:	W2 D2 sets done:	W2 D3 sets done:	W2 D4 sets done:	W2 D5 sets done:	W2 D6 sets done:	W2 D7 sets done:
W3 D1 sets done:	W3 D2 sets done:	W3 D3 sets done:	W3 D4 sets done:	W3 D5 sets done:	W3 D6 sets done:	W3 D7 sets done:
W4 D1 sets done:	W4 D2 sets done:	W4 D3 sets done:	W4 D4 sets done:	W4 D5 sets done:	W4 D6 sets done:	W4 D7 sets done:

END OF MONTH REVIEW

Total sets completed this month:

Whether GtG improved my max rep count:

Growth lives on the other side of action.