

3:00 ↗





Monday - Workout 1

Tuesday - Workout 2

Wednesday - Off

Thursday - Workout 3

Friday - Workout 4

Saturday - Off

Sunday - Off

- Before you start, make sure to watch the instructional videos for each exercise, and please let me know if you have any questions.



Workout 1: Legs & Back

6 exercises



Workout 2: Chest & Triceps

6 exercises



Workout 3: Back & Biceps

6 exercises



Workout 4: Shoulders & Abs

8 exercises



Dash



Plans



Calendar



More

Welcome to CALIBER

Hi Jared,

Before you can sign in to view your training app, you must set up your password. Click below to get started.

[Set up your account](#)

After setup, [download the mobile app](#) so you can take your workouts on the go.



You can also **bookmark caliberstrong.com** and **use it to sign in** via a desktop or laptop computer to view your training plan, track your fitness progress, and message me.

Your Trainer,
Chris Muir