

645™

The program is broken into 4 stages: the first three are 4 weeks each while week 13 is a Performance Week where you'll reach your peak. In each stage, the moves, intensity, and volume change weekly and end with a Deload Week where your intensity stays the same, but with less volume. This is to help with recovery and start the next stage fresh and ready.



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAGE 1	WK 1	1 Lower Body Strength	2 Total Body Power	3 Mobility & Stability	4 Upper Body Strength	5 Total Body Tempo	6 Cardio 45	7 REST
	WK 2	8 Lower Body Strength	9 Total Body Power	10 Mobility & Stability	11 Upper Body Strength	12 Total Body Tempo	13 Cardio 45	14 REST
	WK 3	15 Lower Body Strength	16 Total Body Power	17 Mobility & Stability	18 Upper Body Strength	19 Total Body Tempo	20 Cardio 45	21 REST
	WK 4	DELOAD WEEK						
STAGE 2	WK 5	22 Lower Body Strength	23 Total Body Power	24 Mobility & Stability	25 Upper Body Strength	26 Total Body Tempo	27 Cardio 45	28 REST
	WK 6	29 Lower Body Strength	30 Total Body Power	31 Mobility & Stability	32 Upper Body Strength	33 Total Body Tempo	34 Cardio 45	35 REST
	WK 7	36 Lower Body Strength	37 Total Body Power	38 Mobility & Stability	39 Upper Body Strength	40 Total Body Tempo	41 Cardio 45	42 REST
	WK 8	43 Lower Body Strength	44 Total Body Power	45 Mobility & Stability	46 Upper Body Strength	47 Total Body Tempo	48 Cardio 45	49 REST
STAGE 3	WK 9	DELOAD WEEK						
	WK 10	50 Lower Body Strength	51 Total Body Power	52 Mobility & Stability	53 Upper Body Strength	54 Total Body Tempo	55 Cardio 45	56 REST
	WK 11	57 Lower Body Strength	58 Total Body Power	59 Mobility & Stability	60 Upper Body Strength	61 Total Body Tempo	62 Cardio 45	63 REST
	WK 12	64 Lower Body Strength	65 Total Body Power	66 Mobility & Stability	67 Upper Body Strength	68 Total Body Tempo	69 Cardio 45	70 REST
STAGE 4	WK 13	71 Lower Body Strength	72 Total Body Power	73 Mobility & Stability	74 Upper Body Strength	75 Total Body Tempo	76 Cardio 45	77 REST
	WK 13	PERFORMANCE WEEK						
	WK 13	85 Lower Body Strength	86 Total Body Power	87 Mobility & Stability	88 Upper Body Strength	89 Total Body Tempo	90 Cardio 45	91 REST