

WORKOUT CALENDAR

For optimal results, you gotta stick to the schedule. You can start the program on any day of the week, but the workouts and rest days should be completed in the order they appear.

WEEK **1**

☐ **Wk1** Push

☐ **Wk1** Legs

☐ Rest

☐ **Wk1** Endurance & Agility

☐ **Wk1** Pull

☐ **Wk1** Full Body Tempo

☐ **Wk1** Range & Repair

WEEK **2**

☐ **Wk2** Total Body Push/Pull

☐ **Wk2** Strength & Power

☐ Rest

☐ **Wk2** Cardio & Core

☐ **Wk2** Isometrics

☐ **Wk2** The Crucible

☐ **Wk2** Range & Repair

WEEK **3**

☐ **Wk3** Push

☐ **Wk3** Legs

☐ Rest

☐ **Wk3** Endurance & Agility

☐ **Wk3** Pull

☐ **Wk3** Full Body Tempo

☐ **Wk3** Range & Repair

WEEK **4**

☐ **Wk4** Total Body Push/Pull

☐ **Wk4** Strength & Power

☐ Rest

☐ **Wk4** Cardio & Core

☐ **Wk4** Isometrics

☐ **Wk4** The Crucible

☐ **Wk4** Range & Repair

WEEK **5**

☐ **Wk5** Push

☐ **Wk5** Legs

☐ Rest

☐ **Wk5** Endurance & Agility

☐ **Wk5** Pull

☐ **Wk5** Full Body Tempo

☐ **Wk5** Range & Repair

WEEK **6**

☐ **Wk6** Total Body Push/Pull

☐ **Wk6** Strength & Power

☐ Rest

☐ **Wk6** Cardio & Core

☐ **Wk6** Isometrics

☐ **Wk6** The Crucible

☐ **Wk6** Range & Repair

Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.