

6 WEEKS OF THE WORKOUT CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	PUSH	LEGS	REST	ENDURANCE + AGILITY	PULL	FULL BODY TEMPO	RANGE + REPAIR
Week 2	TOTAL BODY PUSH/PULL	STRENGTH + POWER	REST	CARDIO + CORE	ISOMETRICS	THE CRUCIBLE	RANGE + REPAIR
Week 3	PUSH	LEGS	REST	ENDURANCE + AGILITY	PULL	FULL BODY TEMPO	RANGE + REPAIR
Week 4	TOTAL BODY PUSH/PULL	STRENGTH + POWER	REST	CARDIO + CORE	ISOMETRICS	THE CRUCIBLE	RANGE + REPAIR
Week 5	PUSH	LEGS	REST	ENDURANCE + AGILITY	PULL	FULL BODY TEMPO	RANGE + REPAIR
Week 6	TOTAL BODY PUSH/PULL	STRENGTH + PWER	REST	CARDIO + CORE	ISOMETRICS	THE CRUCIBLE	RANGE + REPAIR