

6 WEEKS OF THE WORK

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