

THE PREP 4 WEEKS

WORKOUT CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PUSH

LEGS

REST

ENDURANCE
+ AGILITY

PULL

FULL BODY
TEMPO

RANGE
+ REPAIR

TOTAL BODY
PUSH/PULL

STRENGTH
+ POWER

REST

CARDIO
+ CORE

ISOMETRICS

THE CRUCIBLE

RANGE
+ REPAIR

PUSH

LEGS

REST

ENDURANCE
+ AGILITY

PULL

FULL BODY
TEMPO

RANGE
+ REPAIR

TOTAL BODY
PUSH/PULL

STRENGTH
+ POWER

REST

CARDIO
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ISOMETRICS

THE CRUCIBLE

RANGE
+ REPAIR