

# 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  
+ CORE

ISOMETRICS

THE CRUCIBLE

RANGE  
+ REPAIR