

THE PREP WORKOUT CALENDAR

4 WEEKS

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
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