

12-Week Training Block Calendar

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility
Week 2	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility
Week 3	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility
Week 4	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility
Week 5	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility
Week 6	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility
Week 7	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility
Week 8	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility
Week 9	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility
Week 10	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility
Week 11	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility
Week 12	Back Squat	Bench/Press	Rest/Cardio	Deadlift	Front Squat	Cardio	Rest/Mobility