



Nicole King Fitness

Customized Training Plan

Week 1	February 2 – February 8						
Day	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Phase 1	X		X		X		
Phase 2							
Phase 3							
Core		X				X	
Cardio		X		X			

Phase 1 – Stabilization; Phase 2 – Strength endurance; Phase 3 – Hypertrophy

Week 2	February 9 – February 15						
Day	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Phase 1	X		X		X		
Phase 2							
Phase 3							
Core		X				X	
Cardio		X		X			

Phase 1 – Stabilization; Phase 2 – Strength endurance; Phase 3 – Hypertrophy

Week 3	February 16 – February 22						
Day	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Phase 1	X		X		X		
Phase 2							
Phase 3							
Core		X				X	
Cardio		X		X			

Phase 1 – Stabilization; Phase 2 – Strength endurance; Phase 3 – Hypertrophy

Week 4	February 23 – March 1						
Day	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Phase 1	X		X		X		
Phase 2							
Phase 3							
Core		X				X	
Cardio		X		X			

Phase 1 – Stabilization; Phase 2 – Strength endurance; Phase 3 – Hypertrophy



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Monday

Exercise	Sets x Reps
Cardio (Running)	10 minute Warmup
Squats	5 x 10
Bench Press	5 x 10
Military Press	5 x 10
Dead lift	1 x 10

Tuesday

Exercise	Sets x Reps
Cardio (Running)	10 minute Warmup
Squats	5 x 10
Bench Press	5 x 10
Military Press	5 x 10
Dead lift	1 x 10

Wednesday

Exercise	Sets x Reps
Cardio (Running)	10 minute Warmup
Squats	5 x 10
Bench Press	5 x 10
Military Press	5 x 10
Dead lift	1 x 10

Thursday

Exercise	Sets x Reps
Cardio (Running)	10 minute Warmup
Squats	5 x 10
Bench Press	5 x 10
Military Press	5 x 10
Dead lift	1 x 10

Friday

Exercise	Sets x Reps
Cardio (Running)	10 minute Warmup
Squats	5 x 10
Bench Press	5 x 10
Military Press	5 x 10
Dead lift	1 x 10



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Notes
