|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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

|  |  |  |  |  |  |  |  |  |
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| 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

|  |  |  |  |  |  |  |  |  |
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| 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

|  |  |
| --- | --- |
| 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 |

Notes