

Session No.								
Phase:								
Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Warmup & Notes								
Lower Body								
Squat								
Deadlift								
Lunge								
Split Squat								
Step-Up								
Bridge/Thrust								
Leg Curl								
Band Walk								
Clam Shell								
Kick Back								
Push								
Bench Press								
Push Up								
Flye								
Shoulder Press								
Raise								
Tricep Extension								
Pull								
Row								
Chinup								
Pullup								
Lat Pulldown								
Face Pull								
Rev. Flye								
Curl								
Core								
Chop								
Lift								
Torso Rotation								
Palloff Press								
Plank								
Rollout								
Russian Twist								
Boat								
Deadbug								
Ball Transfer								
Back Ext.								
Crunch								
Metabolic								
Boxing								
Ropes								
Air Dyne/Rower								
Plyometrics								
Sliders								
Weight Tracker:								
Notes:								

Phase: (Circle)		Foundation	Muscular Endurance	Hypertrophy	Strength	Metabolic	Notes:
		2-4 sets/10-18 reps	2-3 sets/15-20 reps	3-5 sets/8-12 reps	3-5 sets/1-7 reps	2-3 sets/15+ reps or 4	
Switch every 15 sessions	Total Body Lean	1	2	3	Often	4	
	Strength	1	Occasionally	3	2	Occasionally	
	Physique	1	3	2	4	Occasionally	
	Mobility	1	2	3	4	Occasionally	
	Athlete	1	4	3	2	In Sessions	

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