

PHASING SYSTEM

Foundation	Muscular Endurance	Hypertrophy	Strength
2-3 Sets	2-3 Sets	3-5 Sets	3-5 Sets
10-18 Reps	15-20 Reps	8-12 reps	1-7 Reps
Form work			

**TOTAL
BODY LEAN** 1 2 3 **INCLUDE
OFTEN**

**STRENGTH
FIRST** 1 **INCLUDE
OCCASIONALLY** 2 ↔ 3

PHYSIQUE 1 3 2 4

**INJURY
PREVENTION** 1 2 3 **INCLUDE
WHEN
APPROPRIATE**

ALL PHASES LAST 18 SESSIONS.

OFFER AN ASSESSMENT BEFORE CHANGING PHASES.