

# PHASING SYSTEM

	FOUNDATION	MUSCULAR ENDURANCE	HYPERTROPHY	STRENGTH	METABOLIC CONDITIONING
	2-4 Sets 10-18 Reps Form work	2-3 Sets 15-20 Reps	3-5 Sets 8-12 reps	3-5 Sets 1-7 Reps	2-3 Sets 15+ Reps or For Time

TOTAL BODY LEAN

1

2

3

INCLUDE OFTEN

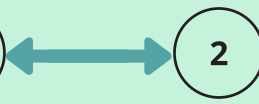
4

STRENGTH FIRST

1

INCLUDE OCCASIONALLY

3



2

INCLUDE OCCASIONALLY

PHYSIQUE

1

3

2

4

INCLUDE OCCASIONALLY

MOBILITY

1

2

3

4

INCLUDE OCCASIONALLY

\*EXTRA MOBILITY WORK THROUGHOUT

ATHLETE

1

4



3

2

INCLUDE WITHIN SESSIONS

ALL PHASES LAST 6-8 WEEKS, OR EVERY 15 SESSIONS.  
STUDENT ATHLETES SWITCH PHASES EVERY 4 WEEKS.