



WK 1	DAY	WARM-UP	COOL-DOWN / SUPPLEMENT
	M	Activation 1c – 1r	(HB 1) 1c – 1r
	T		
	W		
	TH		
	F	Activation 1c – 1r	(HB 1) 1c – 1r
WK 2			
	M	Activation 1 c – 2r	(HB 1) 1c – 2r
	T		
	W		
	TH		
	F	TBR 1c – 1r	(HB 1) 1c – 2r
WK 3			
	M	TBR 1c – 1r	(SN 1) 1c – 1r
	T		
	W		
	TH		
	F	TBS 1c – 1r	(SN 1) 1c – 1r
WK 4			
	M	TBS 1c – 1r	(SN 1) 1c – 1r
	T		
	W		
	TH		
	F	TBS 1c – 2r	(SN 1) 1c – 2r

WARM-UPS

COOL-DOWNS/SUPPLEMENTS

TBR Total Body Range

(HB 1) Hip & Back 1

TBS Total Body Structural

(SN 1) Shoulder & Neck 1

C Columns Of Repetitions

R Repeats

Example: TBS 1c – 2r = Total Body Structural, First column number of reps and repeat the section 2 times.