



WK 1	DAY	WARM-UP	COOL-DOWN / SUPPLEMENT
	M	SP Out (Full Reps 1X)	Activation 2c – 2r
	T		
	W	SP Out (Full Reps 1X)	Activation 3c – 1r
	TH		
	F	SP Out (Full Reps 1X)	Activation 2c – 2r
<b>WK 2</b>			
	M	KN In & SH Out (1/2 Reps each)	UBS 1c – 2r
	T		
	W	SH In & KN Out (1/2 Reps each)	TBS 1c – 2r
	TH		
	F	KN In & SH Out (1/2 Reps each)	LBS 1c – 2r
<b>WK 3</b>			
	M	SP In & Out (1/2 Reps each)	TBR 2c – 2r
	T		
	W	KN In & Out (1/2 Reps each)	TBS 2c – 2r
	TH		
	F	SP In & Out (1/2 Reps each)	TBR 2c – 2r
<b>WK 4</b>			
	M	SP Out (Full Reps 2X)	TBR 3c – 1r
	T		
	W	KN Out (Full Reps 2X)	TBR 3c – 1r
	TH		
	F	SP Out (Full Reps 2X)	SP In (Full Reps 1X)

**WARM-UPS**

- SH Out ..... Shoulder Outdoor
- SH In ..... Shoulder Indoor
- KN Out ..... Knee Outdoor
- KN In ..... Knee Indoor
- SP Out ..... Spine Outdoor
- SP In ..... Spine Indoor

**COOL-DOWNS/SUPPLEMENTS**

- TBS ..... Total Body Structural
- UBS ..... Upper Body Structural
- LBS ..... Lower Body Structural
- TBR ..... Total Body Range
- C ..... Columns Of Repetitions
- R ..... Repeats

Example: TBS 1c – 3r = Total Body Structural, First column number of reps and repeat the section 3 times.