

Start Date:	
BF%:	
Weight:	

6 WEEKS OF THE WORK™

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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	1	Push	Legs	Rest	Endurance & Agility	Pull	Full Body Tempo	Range and Repair
Week	2	Total Body Push/Pull	Strength & Power	Rest	Cardio & Core	Isometrics	The Crucible	Range and Repair
Week	3	Push	Legs	Rest	Endurance & Agility	Pull	Full Body Tempo	Range and Repair
Week	4	Total Body Push/Pull	Strength & Power	Rest	Cardio & Core	Isometrics	The Crucible	Range and Repair
Week	5	Push	Legs	Rest	Endurance & Agility	Pull	Full Body Tempo	Range and Repair
Week	6	Total Body Push/Pull	Strength & Power	Rest	Cardio & Core	Isometrics	The Crucible	Range and Repair

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