

PHASING SYSTEM

	FOUNDATION	MUSCULAR ENDURANCE	HYPERTROPHY	STRENGTH	METABOLIC CONDITIONING
	2-4 Sets 8-20 Reps Form work	2-3 Sets 13-20 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 OCCASIONALLY	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

ALL PHASES LAST 6-8 WEEKS, PREFERABLY AS CLOSE TO 6 WEEKS AS
POSSIBLE.