

Week 1-3 Begins with General Physical Preparedness

The General Physical Phase is designed to get the body ready for increased activity and wake up the nervous system.

Course Materials:

General Physical Preparedness

This Phase is 3 weeks long and consists of 3 Full Body Lifts with at least 1 non-lift day between.

Instructions:

The Goal is to MOVE DAILY.

Use the make-up days as needed. If you miss a day and cannot make it up, do not worry, simply resume workouts on the next scheduled day.

Day 1: Lift 1/Cardio

Day 2: MOB/Core

Day 3: Lift 2/ Cardio

Day 4: MOB/ Core

Day 5: Lift 3/ Cardio

Day 6: Make-up

Day 7: Rest/ Make-up