

# ADVANCED WORKOUT CALENDAR

PHASE I	WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
		Phase I, Day 1 Foundational Workout	Trigger Session	Phase I, Day 2 Foundational Workout	Trigger Session	Phase I, Day 1 Foundational Workout	Trigger Session	Trigger Session
	WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	Phase I, Day 2 Foundational Workout	Trigger Session	Phase I, Day 1 Foundational Workout	Trigger Session	Phase I, Day 2 Foundational Workout	Trigger Session	Trigger Session	
	WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	Phase I, Day 1 Foundational Workout	Trigger Session	Phase I, Day 2 Foundational Workout	Trigger Session	Phase I, Day 1 Foundational Workout	Trigger Session	Trigger Session	
PHASE II	WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	Phase II, Day 1 Foundational Workout	Trigger Session	Phase II, Day 2 Foundational Workout	Trigger Session	Phase II, Day 1 Foundational Workout	Trigger Session	Trigger Session	
	WEEK 5	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
	Phase II, Day 2 Foundational Workout	Trigger Session	Phase II, Day 1 Foundational Workout	Trigger Session	Phase II, Day 2 Foundational Workout	Trigger Session	Trigger Session	
	WEEK 6	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
	Phase II, Day 1 Foundational Workout	Trigger Session	Phase II, Day 2 Foundational Workout	Trigger Session	Phase II, Day 1 Foundational Workout	Trigger Session	Trigger Session	

Complete each phase for a total of 3 weeks before moving on to the next phase

Take note that the **Foundational Workouts** will be adjusted as you move through the phases

The **Trigger Sessions** will remain the same throughout all phases

# ADVANCED WORKOUT CALENDAR

PHASE III	WEEK 7	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
		Phase III, Day 1 Foundational Workout	Trigger Session	Phase III, Day 2 Foundational Workout	Trigger Session	Phase III, Day 3 Foundational Workout	Trigger Session	Trigger Session
	WEEK 8	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
		Phase III, Day 1 Foundational Workout	Trigger Session	Phase III, Day 2 Foundational Workout	Trigger Session	Phase III, Day 3 Foundational Workout	Trigger Session	Trigger Session
	WEEK 9	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
		Phase III, Day 1 Foundational Workout	Trigger Session	Phase III, Day 2 Foundational Workout	Trigger Session	Phase III, Day 3 Foundational Workout	Trigger Session	Trigger Session

Complete each phase for a total of 3 weeks before moving on to the next phase

Take note that the **Foundational Workouts** will be adjusted as you move through the phases

The **Trigger Sessions** will remain the same throughout all phases