

2021 Workout Cycle

Strength 8 exercises, 4 sets of each	1/4	2/15	3/29	5/10	6/21	8/2	9/13	10/25	12/6
Short Circuits 4 circuits, 3 exercises, 3 rounds of each circuit	1/11	2/22	4/5	5/17	6/28	8/9	9/20	11/1	12/13
Slow Strength 8 exercises, 2 long sets of each	1/18	3/1	4/12	5/24	7/5	8/16	9/27	11/8	12/20
Long Circuits 1 long circuit of 8 exercises, 3 rounds	1/25	3/8	4/19	5/31	7/12	8/23	10/4	11/15	12/27
Super Sets 4 sets of 2 exercises performed back to back	2/1	3/15	4/26	6/7	7/19	8/30	10/11	11/22	1/3
Tabata 6 exercises, 8 sets of 20 sec work, 10 sec rest	2/8	3/22	5/3	6/14	7/26	9/6	10/18	11/29	1/10