

WORKOUT CALENDAR

WK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
PHASE 1 - FOUNDATIONS								
1	ACTIVE INDEX	HIPS	SHOULDER BLADES	MID-BACK	HIPS	SHOULDER BLADES	DAY OFF	
2	HIPS	SHOULDER BLADES	MID-BACK	HIPS	SHOULDER BLADES	MID-BACK	DAY OFF	
PHASE 2 - CORE								
3	LOW BACK	MID-BACK	LOW BACK	MID-BACK	NECK	LOW BACK	DAY OFF	
4	NECK	MID-BACK	NECK	MID-BACK	LOW BACK	NECK	DAY OFF	
5	LOW BACK	NECK	LOW BACK	NECK	MID-BACK	ACTIVE INDEX	DAY OFF	
PHASE 3 - FULL BODY								
6	HIPS	LEGS	SHOULDER BLADES	SHOULDERS	LEGS	ARMS	DAY OFF	
7	HIPS	LEGS	SHOULDER BLADES	SHOULDERS	LEGS	ARMS	DAY OFF	
8	SHOULDERS	LEGS	ARMS	LEGS	SOULDERS	ACTIVE INDEX	DAY OFF	
PHASE 4 - SPECIFICS								
9	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	DAY OFF	
10	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	DAY OFF	
11	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	DAY OFF	
12	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	ACTIVE INDEX	DAY OFF	
PHASE 5 - ACTIVE								
13	MID-BACK	HIPS	LOW BACK	LEGS	MID BACK	SHOULDER BLADES	DAY OFF	
14	NECK	SHOULDERS	LEGS	ARMS	HIPS	SHOULDER BLADES	DAY OFF	
15	MID-BACK	ACTIVE INDEX						

