

6-Month Forward Training Program

Please follow these resistance programs month by month. If there are any questions just ask we are happy to help.

November Post-Season								
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	Rest							
2	Rest							
3	Active Rest							
4	Active Rest							

December HYPERTROPHY 1 Upper/Lower 2 Days on, 1 Day off									
Week	Sunday Monday Tuesday Wednesday Thursday Friday Saturday								
1	Lower	Upper		Lower	Upper		Lower		
2	Upper		Lower	Upper		Lower	Upper		
3		Lower	Upper		Lower	Upper			
4	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest		

January HYPERTROPHY 2 Upper/Lower 2 Days on, 1 Day off									
Week	Sunday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday							
1	Lower	Upper		Lower	Upper		Lower		
2	Upper		Lower	Upper		Lower	Upper		
3		Lower	Upper		Lower	Upper			
4	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest		

February HYPERTROPHY 3 Upper/Lower 2 Days on, 1 Day off									
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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1	Full Body 1	Full Body 2		Full Body 1	Full Body 2		Full Body 1		
2	Full Body 2		Full Body 1	Full Body 2		Full Body 1	Full Body 2		
3		Full Body 1	Full Body 2		Full Body 1	Full Body 2			
4	Active Rest								

March Power									
				3 on 1 off			•		
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1	FB1	FB2	FB3		FB1	FB2	FB3		
2		FB1	FB2	FB3		FB1	FB2		
3	FB3		FB1	FB2	FB3		FB1		
4	Active Rest								

April Power Kick, Jump, Run, Sprint 3 on 1 off								
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	FB1	FB2	FB3		FB1	FB2	FB3	
2		FB1	FB2	FB3		FB1	FB2	
3	FB3		FB1	FB2	FB3		FB1	
4	Active Rest							