



**DECEMBER**  
**Hypertrophy 1**  
 \*full body, 1 on, 1 off

<b>Week</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>1</b>	Legs, Torso, & Arms		Legs, Torso, & Arms		Legs, Torso, & Arms		Legs, Torso, & Arms
<b>2</b>		Legs, Torso, & Arms		Legs, Torso, & Arms		Legs, Torso, & Arms	
<b>3</b>	Legs, Torso, & Arms		Legs, Torso, & Arms		Legs, Torso, & Arms		Legs, Torso, & Arms
<b>4</b>	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest







**APRIL**  
**Strength/Power 2**  
**\*2 on, 1 off**

<b>Week</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>1</b>	Kick, Throw, Jump, Quick Feet		Kick, Throw, Jump, Quick Feet		Kick, Throw, Jump, Quick Feet		Kick, Throw, Jump, Quick Feet
<b>2</b>		Kick, Throw, Jump, Quick Feet		Kick, Throw, Jump, Quick Feet		Kick, Throw, Jump, Quick Feet	
<b>3</b>	Kick, Throw, Jump, Quick Feet		Kick, Throw, Jump, Quick Feet		Kick, Throw, Jump, Quick Feet		Kick, Throw, Jump, Quick Feet
<b>4</b>	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest

