## NOVEMBER Post-Season/Off-Season

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

### DECEMBER

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

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

### JANUARY

## Hypertrophy 2 \*2 on, 1 off

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Upper	Lower		Upper	Lower		Upper
2	Lower		Upper	Lower		Upper	Lower
3	Upper	Lower		Upper	Lower		Upper
4	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest

### FEBRUARY

## Hypertrophy 3 \*3 on, 1 off

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Chest & Back	Legs	Shoulders & Arms		Chest & Back	Legs	Shoulders & Arms
2		Chest & Back	Legs	Shoulders & Arms		Chest & Back	Legs
3	Shoulders & Arms		Chest & Back	Legs	Shoulders & Arms		Chest & Back
4	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest

### MARCH

## Strength/Power 1 \*4 on, 1 off

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Back & Bi	Chest & Tri	Thighs	Shoulders, Calves, & Abs		Back & Bi	Chest & Tri
2	Thighs	Shoulders, Calves, & Abs		Back & Bi	Chest & Tri	Thighs	Shoulders, Calves, & Abs
3	Back & Bi	Chest & Tri	Thighs	Shoulders, Calves, & Abs		Back & Bi	Chest & Tri
4	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest	Active Rest

### APRIL

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

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