

▶ TRAINING BLOCK

ADAPTIVE AND MASTERY PHASE

RECOVERY PHASE

CLASSIC

WEEKS __I_ Z_ J

DAY _ 1 Chest & Back, Ab Ripper X
_ 2 Plyometrics
_ J Shoulders & Arms, Ab Ripper X
_ 4 Yoga X
_ 5 Legs & Back, Ab Ripper X
_ 6 Kenpo X
_ 7 Rest or X Stretch

DAY_1 Yoga X
_2 Core Synergistics
_3 Kenpo X
_4 X Stretch
_5 Core Synergistics
_6 Yoga X
_7 Rest or X Stretch

DOUBLES

CLASSIC

DOUBLES WEEKS 1. 2. 3 DAY 1 Chest & Back, Ab Ripper X 2 Plyometrics 3 Shoulders & Arms, Ab Ripper X 4 Yoga X 5 Legs & Back, Ab Ripper X 6 Kenpo X

_7 Rest or X Stretch

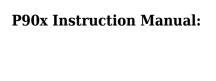
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DAY_1 Yoga X
_2 Core Synergistics
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