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STRENGTH - POWER - ENDURANCE

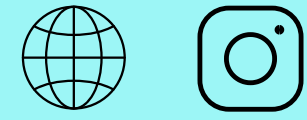
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 STRENGTH + POWER 45 min	2 	3 DB + BW TOTAL BURN 40 min	4 ABS+CORE Mobility 30 min
5 	6 UNILATERAL COMPUNDS 45 min	7 3-5 K RUN • or any type of cardio	8 METCON 🥵 45 min	9 	10 NO REPEAT DB BURN 40 min	11 MOBILITY+ GLUTES 40 min
12 	13 BUILD MODE 45 min	14 3-5 K RUN • or any type of cardio	15 COMPLEXES 😡 45 min	16 	17 EMOM 👉 40 min	18 ISOMETRIC BODYWEIGHT 40 min
19 	20 CIRCUITS BUILD 45 min	21 3-5 K RUN • or any type of cardio	22 STRENGTH + BURN 45 min	23 	24 TABATA + ABS 45 min	25 STRETCHING MOBILITY 40 min
26 	27 PYRAMIDS BUILD 45 min	28 3-5 K RUN • or any type of cardio	29 GIANTSETS SUPERSETS 45 min	30 	31 ENDURANCE CIRCUITS 40 min	1 JUNE



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	BUILD + STRENGTH 60 min	3-5 K RUN • or any type of cardio	UNILATERAL POWER 45 min		SUPERSETS ENDURANCE 40 min	ISOMETRICS + ACCESSORIES 40 MIN
9	10	11	12	13	14	15
	GIANT SETS STRENGTH 45 min	3-5 K RUN • or any type of cardio	METCON FINALE 60 min	Rest	Rest	Rest
16	17	18	19	20	21	22
Rest	Rest	Rest	Rest	Rest	Rest	Rest
23	24	25	26	27	28	29
Rest	Rest	Rest	NEW UPLOAD			





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Welcome to our 6-week full-body split program! We've organized our workouts over four days a week, focusing on different aspects of fitness. Here's what we're going to do

PROGRAM OVERVIEW:

Duration: 6 weeks

Frequency: 4 workouts per week

Structure: Strength on Mondays, Power, and Metabolic Conditioning on Wednesdays, Endurance + Cardio on Fridays, and Accessories, Isolation & Abs/Mobility on Saturdays.

On Tuesdays, we programmed a 3-5 km run or any type of cardio of your preference. Maintain a nice, steady pace and aim to improve each week.

Strength on Mondays:

Mondays are all about building strength and muscle mass. You will see many of our signature muscle-building and strength-focused workouts, with sets and reps executed slowly and heavily. By lifting heavy, we'll not only increase muscle size but also boost metabolism and improve overall strength, making everyday tasks easier and enhancing our performance in other areas of fitness.

Power + Metabolic Conditioning on Wednesdays:

Wednesdays are our power days! We'll be incorporating explosive movements, heavy lifts, and plyometric exercises to increase speed, agility, and power. Expect short bursts of intense exercise followed by brief rest periods to keep your body working hard. Developing power is crucial for improving athletic performance, whether it's on the field, in the gym, or in our daily lives. Plus, explosive movements also help to accelerate fat loss and reduce the risk of injury by improving coordination and muscle control.

Endurance on Fridays:

Fridays are all about building endurance and cardiovascular fitness. We'll be pushing our limits with high-intensity circuits, interval training, and endurance-focused exercises. Improving endurance not only boosts heart health and increases stamina but also enhances our energy levels, promotes faster recovery, and builds mental resilience, allowing us to tackle challenges head-on and push through plateaus in our fitness journey.

Individual Muscle Focus and/or Abs/Mobility on Saturdays:

Saturdays are dedicated to fine-tuning our physique and improving overall mobility. We'll be targeting specific muscle groups with isolation exercises to sculpt and define our muscles, especially those abs! Additionally, we'll incorporate core-strengthening exercises and mobility drills to improve flexibility, prevent injuries, and enhance overall movement quality. By focusing on muscle development and mobility, we'll not only look great but also move more efficiently and confidently in our day-to-day activities.





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By targeting different aspects of fitness each day, we'll not only see improvements in strength, power, endurance, and muscle definition but also enjoy the overall benefits of feeling healthier, stronger, and more confident in our bodies.

You may notice that we've scheduled 4 workouts per week instead of the traditional 5. The reason behind this decision is simple: these workouts are designed to be challenging, mostly metabolically and in terms of strength. We believe in the importance of adequate recovery to avoid overtraining and ensure optimal progress. Rest and recovery are just as important as the workouts themselves, allowing your body to adapt and grow stronger.

However, if you feel like you have the energy and desire to do more, you're always welcome to adjust the program to fit your personal preferences. Just remember to listen to your body and prioritize recovery to avoid burnout and injury.

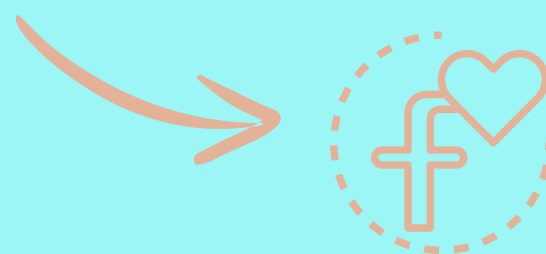
Equipment Needed:

- Dumbbells (preferably heavier and lighter sets)
- Yoga mat
- Bench or plyo box
- Yoga blocks (optional)

Level of the Program:

- Intermediate to Advanced, Beginners can adjust
- The program is designed to accommodate various fitness levels, from beginners to those with more experience.
- Modifications will be provided throughout the workouts to cater to beginners or those with limitations.
- Participants are encouraged to listen to their bodies and adjust the intensity or substitute exercises as needed to align with their individual goals and abilities.
- Even if you only have one set of dumbbells, you can still follow along and benefit from the program.

Don't forget to join our Facebook community for helpful tips, support, and behind-the-scenes insights! It's a great place to connect with others who are following the program, share your progress, and get additional guidance from our team. We're excited to have you join us on this fitness journey!



Chris & Edi