

	CARDIO	WEIGHTS	ABD'S/TRUNK	BALANCE/FLEXIBILITY	PLYOS
<b>PHASE I (FOUNDATION) L = low H = high</b>					
Week 1	*moderate* intensity L: 2-3 (1*) days 20-30 min. H: 4 (2*) days 30-40 min.	*low* intensity L: 2 days H: 2-4 days (2 if upper & lower) (4 if break them up)	*moderate* intensity L: >3 days (1*, 2 with weights) H: >3 days (1*, 2 with weights)	L: Same days as cardio and weights H: Same days as cardio and weights	
Week 2	*moderate* intensity L: 2-3 (1*) days 30-40 min. H: 4 (2*) days 45+ minutes	*low * intensity L: 2 days H: 2-4 days 2 sets of high reps and low weight	*moderate* intensity L: > 3 days H: > 3 days	L: same as above H: same as above	
Week 3	*moderate* intensity L: 3 (1*) days 40 minutes H: 4 (2*) days 45+ minutes	*low* intensity L: 2 days H: 3-4 days 2 sets of decreasing reps and increasing weight	*moderate* intensity L: > 3 days H: >3 days	L: same as above H: same as above	
Week 4	*mod to high* L: 3 (2*) days 45+ minutes H: 4 (2*) days 45+ minutes	*low to moderate* L: 2 days H: 3-4 days 2 sets of decreasing reps and increasing weight H: add a 3 <sup>rd</sup> set	*moderate* L: >3 days H: >3 days -add dynamic abd's/ trunk	L: same H: same	