Muscular Endurance Block	Week 1	Day 1	Day 2	Day 3	Day 4	
Ladder 1 7.5 minutes	Exercise					
	Difficulty					
Ladder 2 7.5 minutes	Exercise					
	Difficulty					
Ladder 3 7.5 minutes	Exercise					
	Difficulty					
Ladder 4 7.5 minutes	Exercise					
	Difficulty					

Muscular Endurance Block	Week 2	Day 1	Day 2	Day 3	Day 4	
Ladder 1 7.5 minutes	Exercise					
	Difficulty					
Ladder 2 7.5 minutes	Exercise					
	Difficulty					
Ladder 3 7.5 minutes	Exercise					
	Difficulty					
Ladder 4 7.5 minutes	Exercise					
	Difficulty					

Strength Block	Interval Set					
	Week 3	Day 1	Day 2	Day 3	Day 4	
Set 1	Exercise					
	Reps					
Set 2	Exercise					
	Reps					
Set 3	Exercise					
	Reps					
Set 4	Exercise					
	Reps					

Strength Block	Interval Set					
	Week 4	Day 1	Day 2	Day 3	Day 4	
Set 1	Exercise					
	Reps					
Set 2	Exercise					
	Reps					
Set 3	Exercise					
	Reps					
Set 4	Exercise					
	Reps					

Power Block	Supersets					
	Week 5	Day 1	Day 2	Day 3	Day 4	
Superset 1	Exercise 1 of 2					
	Exercise 2 of 2					
	Reps					
Superset 2	Exercise 1 of 1					
	Exercise 2 of 2					
	Reps					
Superset 3	Exercise 1 of 2					
	Exercise 2 of 2					
	Reps					
Superset 4	Exercise 1 of 2					
	Exercise 2 of 2					
	Reps					

Power Block	Supersets					
	Week 6	Day 1	Day 2	Day 3	Day 4	
Superset 1	Exercise 1 of 2					
	Exercise 2 of 2					
	Reps					
Superset 2	Exercise 1 of 1					
	Exercise 2 of 2					
	Reps					
Superset 3	Exercise 1 of 2					
	Exercise 2 of 2					
	Reps					
Superset 4	Exercise 1 of 2					
	Exercise 2 of 2					
	Reps					

Undulating Block						
Week 7	Day 1	Day 2	Day 3	Day 4	Day 5	
	Push	Leg	Pull	Core		
	Ladders	Supersets	Interval Sets	Tabatas	Stappers	
Exercise 1						
Exercise 2						
Exercise 3						
Exercise 4						
	Notes:	Notes:	Notes:	Notes:	Notes:	

Undulating Block						
Week 8	Day 1	Day 2	Day 3	Day 4	Day 5	
	Push	Leg	Pull	Core		
	Tabatas	Ladders	Supersets	Interval Sets	Stappers	
Exercise 1						
Exercise 2						
Exercise 3						
Exercise 4						
	Notes:	Notes:	Notes:	Notes:	Notes:	

Undulating Block						
Week 9	Day 1	Day 2	Day 3	Day 4	Day 5	
	Push	Leg	Pull	Core		
	Interval Sets	Tabatas	Ladders	Supersets	Stappers	
Exercise 1						
Exercise 2						
Exercise 3						
Exercise 4						
	Notes:	Notes:	Notes:	Notes:	Notes:	

Undulating Block						
Week 10	Day 1	Day 2	Day 3	Day 4	Day 5	
	Push	Leg	Pull	Core		
	Supersets	Interval Sets	Tabatas	Ladders	Stappers	
Exercise 1						
Exercise 2						
Exercise 3						
Exercise 4						
	Notes:	Notes:	Notes:	Notes:	Notes:	