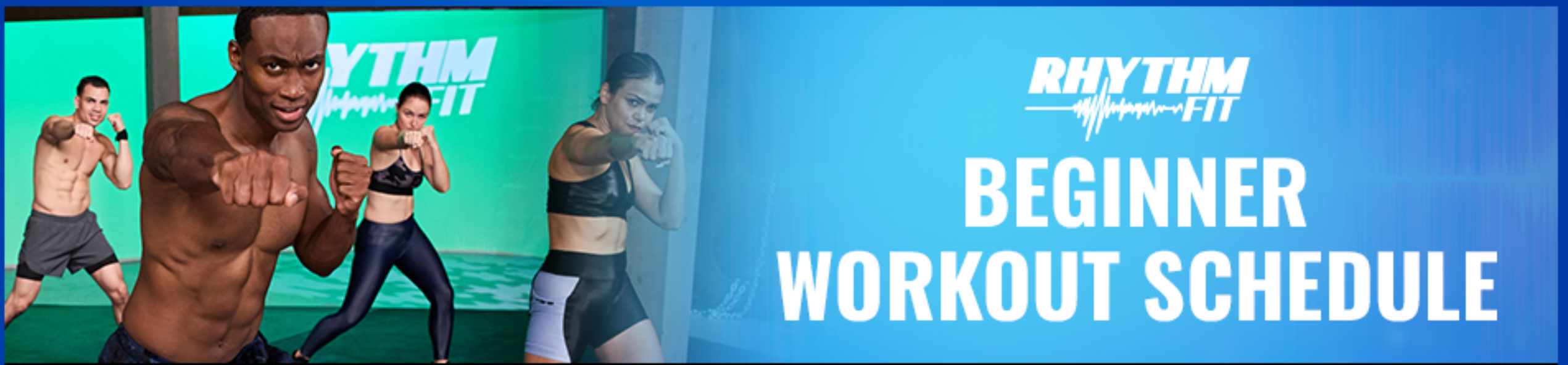




WEEK 1

DAY 1	Basics
DAY 2	Drills with Bodyweight
DAY 3	Core
DAY 4	Drills with Weights
DAY 5	Lower Body
DAY 6	Upper Body
DAY 7	Recovery or Dynamic Stretch



WEEK 2

DAY 1	Drills with Weights
DAY 2	Full Body
DAY 3	Lower Body
DAY 4	Drills with Bodyweight
DAY 5	Upper Body
DAY 6	Core
DAY 7	Recovery or Dynamic Stretch