

ANNUAL PROGRAM FOCUSING ON WEIGHT LOSS & TONING

- Stabilization
- Strength
- Power

	MONTH #	1	2	3	4	5	6	7	8	9	10	11	12
FOUNDATION		✓		✓	✓		✓	✓		✓	✓		✓
CONDITIONING			✓	✓		✓	✓		✓	✓		✓	✓
MUSCLE ENHANCEMENT													
STRENGTH ENHANCEMENT													
PERFORMANCE													

*This program timeline is general and subject to change based on client capabilities and rate of adaption.

ANNUAL PROGRAM FOCUSING ON MUSCLE ENHANCEMENT

- Stabilization
- Strength
- Power

	MONTH #	1	2	3	4	5	6	7	8	9	10	11	12
FOUNDATION		✓											
CONDITIONING			✓				✓				✓		
MUSCLE ENHANCEMENT				✓		✓		✓		✓		✓	
STRENGTH ENHANCEMENT					✓				✓				✓
PERFORMANCE													

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ANNUAL PROGRAM FOCUSING ON PEAK PERFORMANCE

- Stabilization
- Strength
- Power

	MONTH #	1	2	3	4	5	6	7	8	9	10	11	12
FOUNDATION		✓		✓		✓		✓		✓		✓	
CONDITIONING		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
MUSCLE ENHANCEMENT													
STRENGTH ENHANCEMENT													
PERFORMANCE			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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