

SUMMER STRONG MASTER SCHEDULE

PHASE 1 (WEEKS 1-6)

Focus: Strength • Control • Body Awareness • Foundational Core

DAY 1 – TOTAL BODY + CORE

RECOMMENDED

- ***Total Body Strength (workout 1)***

OPTION 2 (EASIER)

- ***Total Body Brain Teaser (workout 2)***

OPTION 3 (HARDER)

- ***Total Body Strength (increase rounds + finisher for more advanced)***

Recommended ADD-ON (IP / FLEX)

- ***Shoulders OR Active Flex of Choice***

DAY 2 – AGILITY + CONTROL

RECOMMENDED

****Agility Ladder + Panel with Core (workout 3)***

OPTION 2 (EASIER) (workout 4)

- ***Agility Warmup Circuits***

OPTION 3 (HARDER) (workout 5)

- ***Banded Agility + Directional Change***

Recommended ADD-ON (IP / FLEX)

- ***Ankles OR Hips***

DAY 3 – UPPER BODY + CORE

RECOMMENDED

- *Upper Body + Core Strength (workout 6)*

OPTION 2 (EASIER)

- *Planking / Triceps / Blocking -reduced volume (workout 7)*

OPTION 3 (HARDER)

- *Add Handstand Endurance Circuit (workout 8)*

Recommended ADD-ON (IP / FLEX)

- *Wrists/Back/Thoracic Mobility*

DAY 4 – FLEX / SHAPING (OPTIONAL)

RECOMMENDED

- *Core Shaping / Body Tension / Leg Tightening (workout 9)*

OPTION 2 (EASIER)

- *Quick Side Station Band Tension (workout 10)*

OPTION 3 (HARDER)

- *Functional Core Triple Sets (workout 11)*

Recommended ADD-ON (IP / FLEX)

- *Active Flex (Splits / Beam / Bar)*

SUMMER STRONG SCHEDULE

PHASE 2 (WEEKS 7-12)

Focus: Power • Speed • Quick Twitch • Shaping Under Load

DAY 1 – POWER LEGS

RECOMMENDED

- ***Legs Power + Jumps + Shaping (workout 12)***

OPTION 2 (EASIER)

- ***Quick Power Warmup (repeat 2x) (workout 13)***

OPTION 3 (HARDER)

- ***Legs Dynamics with Glute Finisher (workout 14)***

Recommended ADD-ON (IP / FLEX)

- ***Ankles OR Hips 1 or 2***

DAY 2 – POTPORRI DAY

RECOMMENDED

- ***Total Body Obliques (workout 15)***

OPTION 2 (EASIER)

- ***Core Shaping Or Active Flex only session (workout 9, repeat)***

OPTION 3 (HARDER)

- ***Handstand Endurance + Body Tension Combo (workout 8, repeat) increase weights and reps if repeating***

Recommended ADD-ON (IP / FLEX)

- ***Shoulder Mobility and/or Wrists***

DAY 3 – SINGLE LEG + TAKEOFF POWER

RECOMMENDED

- *Single Leg Takeoff Strength (workout 16)*

OPTION 2 (EASIER)

- *Stall Bar Leg Training only (workout 17)*

OPTION 3 (HARDER)

- *Add Stall Bar Leg Training (workout 17)*
- *Add Injury Prevention Active Flex Add On*

Recommended ADD-ON (IP / FLEX)

- *Back/Thoracic Mobility*

DAY 4- AGILITY- QUICK TWITCH or Total Body Strength Challenge

RECOMMENDED

- *Ladder + Panel Agility (workout 3, repeat)*

OPTION 2

- *Banded Agility: Increase Speed this time around! (workout 5, repeat)*

OPTION 3 (The Challenger!)

- *Total Body Strength(workout 1) (repeat, add weights or reps and see how strong you have become!)*

RECOMMENDED ADD-ON (IP / FLEX)

- *Ankles OR and Active Flex of Choice*