

# Strength & Power

4-week training program

## Start Slow. Stay Consistent. See Yourself Improve!

Make an effort to prioritize getting these workouts in every day. If you miss 1 or 2 don't sweat it, keep chugging along and work your way through. Go crush it!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Core	2 Mobility	3 Power	4 Core	5 Metabolic Conditioning	6
7	8 Core	9 Power	10 Mobility	11 Metabolic Conditioning	12 Power	13
14	15 Metabolic Conditioning	16 Power	17 Mobility	18 Core	19 Power	20
21	22 Metabolic Conditioning	23 Power	24 Core	25 Metabolic Conditioning	26 Power	27
28	29 Metabolic Conditioning	30 Power	31 Core	30 Metabolic Conditioning	31 Power	

Congratulations!!! Way to go on finishing the program. Now what? First, bask in the glory that you set your mind to doing something and you accomplished it, that's no easy task! If you want to keep improving your strength & power, you can repeat this program and increase the weight/speed you do things. You can also swap out some videos for others in our library. Happy exercising!