

Primary Goal

Physique

Health

Performance

Are you satisfied with your current physique?

N

Y

- Eat Properly
- Do Cardio 3-5x/wk
- Do resistance training 2-3x/wk

Training for a Strength sport?

Y

Train like the professionals from your sport train (Olympic Weight lifters, Power lifters, Strongman, Etc)

Overweight?

Y

N

Congratulations! Shift to Maintenance Mode and Focus on weak body parts

Underweight?

Y

- Eat!
- Do Heavy Strength training 3-6x/wk

Carrying too much body fat?

Y

N

Ideal Weight?

Y

Poor Body Composition?

Y

- Good Nutrition
- Resistance Training 2-5x/wk
- Cardio 2-3x/wk

- Diet
- Do Cardio 3-6x/wk
- Do Resistance Training 2-4x/wk

Carrying too much muscle?

Y

Please Revisit this question

- Diet
- Stop Resistance training

When Satisfied, shift to maintenance mode

What type of Performance?

Strength

Power & Speed

Conditioning

Combined

- Do Heavy Resistance Training 3-5x/wk
- Tack on some Hypertrophy work at the end of session

- Do Plyo's & Sprints 3x/wk
- Do Olympic lifts & sled towing 2x/wk
- Do Resistance Training 2-4x/wk

- Do HIIT 2-3x/wk
- Do Aerobic Exercise 3-5x/wk

Intelligently combine the training from Strength, Power, & Conditioning work