

COURSE:

4 ESSENTIAL ELEMENTS

KYLEWEIGER

FOLLOW THIS TRAINING SCHEDULE WITH THE WORKOUT VIDEOS ON THE SITE!

THE 4EHSE WORKOUT SCHEDULE

PHASE 1 MOVEMENT & SHAPE

DAY 1 MOVEMENT	DAY 2 REST DAY	DAY 3 SHAPE	DAY 4 MOVEMENT	DAY 5 REST DAY	DAY 6 SHAPE	DAY 7 REST DAY
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PHASE 2 SHAPE & STRENGTH

DAY 1 SHAPE	DAY 2 MOVEMENT	DAY 3 REST DAY	DAY 4 STRENGTH	DAY 5 REST DAY	DAY 6 STRENGTH	DAY 7 REST DAY
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PHASE 3 STRENGTH & BALANCE

DAY 1 STRENGTH	DAY 2 REST DAY	DAY 3 BALANCE	DAY 4 SHAPE	DAY 5 STRENGTH	DAY 6 BALANCE	DAY 7 REST DAY
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PHASE 4 DIALING IN YOUR ROUTINE

DAY 1 BALANCE	DAY 2 REST DAY	DAY 3 WORKOUT	DAY 4 SHAPE	DAY 5 WORKOUT	DAY 6 REST DAY	DAY 7 WORKOUT
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GIVE ME 4 WEEKS OF FOCUSED WORK, AND I'LL GIVE YOU MORE GAINS IN YOUR HANDSTAND THAN YOU'VE HAD IN THE LAST 12 MONTHS!

.FIND YOUR BALANCE.

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