

COURSE:

FREESTANDING PROTOCOL

KYLEWEIGER

PHASES 1 & 2: LAYING THE GROUNDWORK

PHASE 1: FOUNDATIONAL CONDITIONING

DAY 1

VIDEO C-1

DAY 2

REST DAY

DAY 3

MOBILITY

DAY 4

VIDEO T-1

DAY 5

REST DAY

DAY 6

VIDEO C-1

DAY 7

REST DAY

DAY 8

VIDEO T-1

DAY 9

REST DAY

DAY 10

VIDEO C-1

DAY 11

MOBILITY

DAY 12

VIDEO T-1

DAY 13

VIDEO C-1

DAY 14

REST DAY

PHASE 2: STRENGTH BUILDING

DAY 1

VIDEO C-2

DAY 2

REST DAY

DAY 3

MOBILITY

DAY 4

VIDEO T-2

DAY 5

REST DAY

DAY 6

VIDEO C-2

DAY 7

REST DAY

DAY 8

VIDEO T-2

DAY 9

REST DAY

DAY 10

VIDEO C-2

DAY 11

MOBILITY

DAY 12

VIDEO T-2

DAY 13

VIDEO C-2

DAY 14

REST DAY

.FIND YOUR BALANCE.

COURSE:

FREESTANDING PROTOCOL

KYLEWEIGER

PHASES 3 & 4: ACCELERATING YOUR CONTROL

PHASE 3: FINDING STABILITY

DAY 1
VIDEO C-3

DAY 2
REST DAY

DAY 3
MOBILITY

DAY 4
VIDEO T-3

DAY 5
REST DAY

DAY 6
VIDEO C-3

DAY 7
REST DAY

DAY 8
VIDEO T-3

DAY 9
REST DAY

DAY 10
VIDEO C-3

DAY 11
MOBILITY

DAY 12
VIDEO T-3

DAY 13
VIDEO C-3

DAY 14
REST DAY

PHASE 4: ROCK SOLID PRACTICE

DAY 1
VIDEO C-4

DAY 2
REST DAY

DAY 3
MOBILITY

DAY 4
VIDEO T-4

DAY 5
REST DAY

DAY 6
VIDEO C-4

DAY 7
REST DAY

DAY 8
VIDEO T-4

DAY 9
REST DAY

DAY 10
VIDEO C-4

DAY 11
MOBILITY

DAY 12
VIDEO T-4

DAY 13
VIDEO C-4

DAY 14
REST DAY

.FIND YOUR BALANCE.