



Frequency of Training Program

Brain Retraining

Practice 30 minutes a day (or more) for a week before moving on to the next level.

Week 1: Non-Weight bearing phase

Week 2: Double Limb weight bearing phase

Week 3: Single Limb weight bearing phase

Total time: 3 Weeks

Strength & Retraining

Week 4

Program 1 on Monday

Program 2 on Wednesday

Program 3 on Friday

Week 5

Program 4 on Tuesday

Program 5 on Thursday

Week 6

Program 1 on Monday

Program 2 on Wednesday

Program 3 on Friday

Week 7

Program 4 on Tuesday

Program 5 on Thursday

Total time: 4 weeks



Dynamic Total Body

Week 8

Program 1 on Monday
Program 3 on Wednesday
Program 5 on Friday

Week 9

Program 2 on Monday
Program 4 on Wednesday
Program 6 on Friday

Week 10

Program 1 on Monday
Program 3 on Wednesday
Program 5 on Friday

Week 11

Program 2 on Monday
Program 4 on Wednesday
Program 6 on Friday

Week 12

Mix and match anything from the basic strength and conditioning series and total body series to hit 3-4 strength workouts a week from this point on!

Total time: 5 Weeks

You've now completed the 12 Week Shred!