

## End of the Year: TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11/7/2016	11/8/2016	11/9/2016	11/10/2016	11/11/2016	11/12/2016	11/13/2016
LBS	UBB	P/E	LBB	UBS	P/E	NT
11/14/2016	11/15/2016	11/16/2016	11/17/2016	11/18/2016	11/19/2016	11/20/2016
P/E	UBS	LBS	UBB	LBB	P/E	NT
11/21/2016	11/22/2016	11/23/2016	11/24/2016	11/25/2016	11/26/2016	11/27/2016
LBS	UBB	LBB	Closed Thanksgiving	P/E	P/E	NT
11/28/2016	11/29/2016	11/30/2016	12/1/2016	12/2/2016	12/3/2016	12/4/2016
LBB	UBS	LBS	UBB	P/E	P/E	NT
12/5/2016	12/6/2016	12/7/2016	12/8/2016	12/9/2016	12/10/2016	12/11/2016
LBS	UBB	P/E	LBB	UBS	P/E	NT
12/12/2016	12/13/2016	12/14/2016	12/15/2016	12/16/2016	12/17/2016	12/18/2016
P/E	UBS	LBS	UBB	LBB	P/E	NT
12/19/2016	12/20/2016	12/21/2016	12/22/2016	12/23/2016	12/24/2016	12/25/2016
LBS	UBB	P/E	LBB	UBS	CLOSED	NT
12/26/2016	12/27/2016	12/28/2016	12/29/2016	12/30/2016	12/31/2016	1/1/2017
CLOSED	UBS	LBS	UBB	P/E	CLOSED	NT
1/2/2017	1/3/2017	1/4/2017	1/5/2017	1/6/2017	1/7/2017	1/8/2017
LBS	UBB	P/E	LBB	UBS	P/E	NT
<b>Workout Key</b>	NT	LBB	UBB	LBS	UBS	P/E
	Non Training Day	Lower Body Build	Upper Body Build	Lower Body Strength	Upper Body Strength	Power Endurance