DROP 2 SIZES SCHEDULE - ORIGINAL

DROP 2 SIZES PHASE 1										
WEEK	MON	TUE	WED	<u>THU</u>	<u>FRI</u>	SAT	SUN			
1	Strength Workout 1	Day Off: Active Recovery	Strength 2	Day Off: Active Recovery	Strength 1	Timed Metabolic	Rest			
2	Strength 2	Day Off: Active Recovery	Strength Workout 1	Day Off: Active Recovery	Strength 2	Countdown Metabolic	Rest			
3	Strength Workout 1	Day Off: Active Recovery	Strength 2	Day Off: Active Recovery	Strength 1	Timed Metabolic	Rest			
4	Strength 2	Day Off: Active Recovery	Strength Workout 1	Day Off: Active Recovery	Strength 2	Countdown Metabolic	Rest			
DROP 2 SIZES PHASE 2										
WEEK	MON	TUE	WED	<u>THU</u>	<u>FRI</u>	SAT	SUN			
5	Strength Workout 1	Day Off: Active Recovery or Optional 20-minute interval session	Strength 2	Day Off: Active Recovery	Strength 1	Timed Metabolic	Rest			
6	Strength 2	Day Off: Active Recovery or Optional 20-minute interval session	Strength Workout 1	Day Off: Active Recovery	Strength 2	Complex Metabolic	Rest			
7	Strength 2 Strength Workout 1	or Optional 20-minute	Strength Workout 1 Strength 2	Day Off: Active Recovery Day Off: Active Recovery	Strength 2 Strength 1	Complex Metabolic Timed Metabolic	Rest Rest			
		or Optional 20-minute interval session Day Off: Active Recovery or Optional 20-minute								

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DROP 2 SIZES SCHEDULE - ORIGINAL

DROP 2 SIZES PHASE 3											
WEEK	MON	TUE	WED	<u>THU</u>	<u>FRI</u>	SAT	SUN				
9	Strength Workout 1	Day Off: Active Recovery or Optional 20-minute interval session	Strength 2	Day Off: Active Recovery	Strength 1	Countdown Metabolic	Rest				
10	Strength 2	Day Off: Active Recovery or Optional 20-minute interval session	Strength Workout 1	Day Off: Active Recovery	Strength 2	Complex Metabolic	Rest				
11	Strength Workout 1	Day Off: Active Recovery or Optional 20-minute interval session	Strength 2	Day Off: Active Recovery	Strength 1	Countdown Metabolic	Rest				
12	Strength 2	Day Off: Active Recovery or Optional 20-minute interval session	Strength Workout 1	Day Off: Active Recovery	Strength 2	Complex Metabolic	Rest				