

## **DROP 2 SIZES SCHEDULE - ORIGINAL**

<u><b>DROP 2 SIZES PHASE 1</b></u>							
<u><b>WEEK</b></u>	<u><b>MON</b></u>	<u><b>TUE</b></u>	<u><b>WED</b></u>	<u><b>THU</b></u>	<u><b>FRI</b></u>	<u><b>SAT</b></u>	<u><b>SUN</b></u>
<b>1</b>	Strength Workout 1	Day Off: Active Recovery	Strength 2	Day Off: Active Recovery	Strength 1	Timed Metabolic	Rest
<b>2</b>	Strength 2	Day Off: Active Recovery	Strength Workout 1	Day Off: Active Recovery	Strength 2	Countdown Metabolic	Rest
<b>3</b>	Strength Workout 1	Day Off: Active Recovery	Strength 2	Day Off: Active Recovery	Strength 1	Timed Metabolic	Rest
<b>4</b>	Strength 2	Day Off: Active Recovery	Strength Workout 1	Day Off: Active Recovery	Strength 2	Countdown Metabolic	Rest
<u><b>DROP 2 SIZES PHASE 2</b></u>							
<u><b>WEEK</b></u>	<u><b>MON</b></u>	<u><b>TUE</b></u>	<u><b>WED</b></u>	<u><b>THU</b></u>	<u><b>FRI</b></u>	<u><b>SAT</b></u>	<u><b>SUN</b></u>
<b>5</b>	Strength Workout 1	Day Off: Active Recovery or Optional 20-minute interval session	Strength 2	Day Off: Active Recovery	Strength 1	Timed Metabolic	Rest
<b>6</b>	Strength 2	Day Off: Active Recovery or Optional 20-minute interval session	Strength Workout 1	Day Off: Active Recovery	Strength 2	Complex Metabolic	Rest
<b>7</b>	Strength Workout 1	Day Off: Active Recovery or Optional 20-minute interval session	Strength 2	Day Off: Active Recovery	Strength 1	Timed Metabolic	Rest
<b>8</b>	Strength 2	Day Off: Active Recovery or Optional 20-minute interval session	Strength Workout 1	Day Off: Active Recovery	Strength 2	Complex Metabolic	Rest

## DROP 2 SIZES SCHEDULE - ORIGINAL

<u>DROP 2 SIZES PHASE 3</u>							
<u>WEEK</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
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