

Program	AXIOM Fitness Academy		Fat Loss//Functional		Cycle		Type		
					Weeks 1-4		Beg-Interm 2x/week		
WARM-UP	PREP [4-6 min]			PRIME [4-6 min]					
	Goal: Joint mobility + muscle activation			Goal: Increase Neuro + Cardiovascular activity					
LIFT Session A: Lower Push//Upper Pull									
Exercise		Movement Category	Week 1	Week 2	Week 3	Week 4			
Triplex #1			Knee Dom - Squat	2x 12-15	3x 12-15	3x 10-12	4x 8-10		
			Pull - Horizontal	2x 12-15	3x 10-12	3x 10-12	4x 8-10		
			Core - Lateral	2x 30 sec/side	3x 30 sec/side	3x 30 sec/side	3x 30 sec/side		
Notes (rest/tempo): Minimize rest b/w exercises and rest approximately 90 sec between rounds									
Triplex #2			Pull - Vertical	2x 12-15	3x 12-15	3x 10-12	4x 8-10		
			Knee Dom - Lunge	2x 12-15	3x 10-12	3x 10-12	4x 8-10		
			Core - Carry	2x 40yards	3x 40yards	3x 40yards	3x 40yards		
Notes (rest/tempo): Minimize rest b/w exercises and rest approximately 90 sec between rounds									
Triplex #3			Knee Dom - Lunge	2x 12/side	3x 10/side	3x 8/side	3x 8/side		
			Pull - Isolation	2x 12-15	3x 12	3x 12	3x 12		
			Push - Isolation	2x 12-15	3x 12-15	3x 12-15	3x 12-15		
Notes (rest/tempo): Minimize rest b/w exercises and rest approximately 90 sec between rounds									
FINISH	Metabolic Circuit x3 rounds		Movement Category	Week 1	Week 2	Week 3	Week 4		
			Full Body	30 on/20 off	40 on/20 off	45 on/15 off	30 on/10 off		
			Functional Core	30 on/20 off	40 on/20 off	45 on/15 off	30 on/10 off		
			Conditioning	30 on/20 off	40 on/20 off	45 on/15 off	30 on/10 off		
Notes (rest/tempo): Rest for 60 sec b/w rounds week 1-2 and bring rest down to 30 sec b/w rounds for last 2 rounds as needed									

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					Weeks 1-4		Beg-Interm 2x/week		
WARM-UP	PREP [4-6 min]			PRIME [4-6 min]					
	Goal: Joint mobility + muscle activation			Goal: Increase Nuero + Cardiovascular activity					
LIFT Session B: Lower Pull//Upper Push									
Exercise		Movement Category	Week 1	Week 2	Week 3	Week 4			
Triplex #1			Hip Dom - Hinge	2x 12-15	3x 12-15	3x 10-12	4x 8-10		
			Push - Horizontal	2x 12-15	3x 10-12	3x 10-12	4x 8-10		
			Core - Anterior	2x 8-10	3x 8-10	3x 8-10	3x 8-10		
Notes (rest/tempo): Minimize rest b/w exercises and rest approximately 90 sec between rounds									
Triplex #2			Push - Vertical	2x 12-15	3x 12-15	3x 10-12	4x 8-10		
			Hip Dom - Hinge	2x 8-10	3x 10-12	3x 10-12	4x 8-10		
			Core - lateral	2x 15/side	3x 15/side	3x 12-15/side	4x 10-12/side		
Notes (rest/tempo): Minimize rest b/w exercises and rest approximately 90 sec between rounds									
Triplex #3			Hip Dom - Curl	2x 12-15	3x 10-12	3x 12-15	3x 12-15		
			Core - Anterior	2x 8	3x 8-10	3x 10-12	3x 10-12		
			Push (or) Pull Isolation	2x 12-15	3x 12-15	3x 12-15	3x 12-15		
Notes (rest/tempo): Minimize rest b/w exercises and rest approximately 90 sec between rounds									
FINISH	Burnout Finisher (2-3 rounds)		Movement Category	Week 1	Week 2	Week 3	Week 4		
			Full Body	6	8	10	10		
			Conditioning	30 sec	40 sec	50 sec	60 sec		
Notes (rest/tempo): Rest for 60 sec b/w rounds week 1-2 and bring rest down to 30 sec b/w rounds for last 2 rounds as needed									