

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 Nuero + Cardiovascular activity			
LIFT Session A: Lower Push//Upper Pull								
Exercise		Movement Category	Week 1	Week 2	Week 3	Week 4		
Triplex #1	Goblet Squat	Knee Dom - Squat	2x 12-15	3x 12-15	3x 10-12	4x 8-10		
	Single-arm Band Rows	Pull - Horizontal	2x 12-15	3x 10-12	3x 10-12	4x 8-10		
	Lateral Plank Variation	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	2-arm High Cable Rows	Pull - Vertical	2x 12-15	3x 12-15	3x 10-12	4x 8-10		
	Split Squat	Knee Dom - Lunge	2x 12-15	3x 10-12	3x 10-12	4x 8-10		
	Kettlebell Goblet Carry	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	Lateral Lunge (DB optional)	Knee Dom - Lunge	2x 12/side	3x 10/side	3x 8/side	3x 8/side		
	TRX Reverse Fly	Pull - Isolation	2x 12-15	3x 12	3x 12	3x 12		
	Band Kickbacks	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	
	Band Squat-to-rows		Full Body	30 on/20 off	40 on/20 off	45 on/15 off	30 on/10 off	
	Band 10-2		Functional Core	30 on/20 off	40 on/20 off	45 on/15 off	30 on/10 off	
	Battle Rope Double Wave		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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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	Kettlebell RDL	Hip Dom - Hinge	2x 12-15	3x 12-15	3x 10-12	4x 8-10			
	Band Chest Press	Push - Horizontal	2x 12-15	3x 10-12	3x 10-12	4x 8-10			
	Deadbug Variation	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	DB Incline Press	Push - Vertical	2x 12-15	3x 12-15	3x 10-12	4x 8-10			
	Banded Bench Bridge	Hip Dom - Hinge	2x 8-10	3x 10-12	3x 10-12	4x 8-10			
	Band tic-tocs	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	SB Hamstring Curls	Hip Dom - Curl	2x 12-15	3x 10-12	3x 12-15	3x 12-15			
	SB Roll-Out	Core - Anterior	2x 8	3x 8-10	3x 10-12	3x 10-12			
	Resistance Band Chest Fly	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	Burnout Finisher (2-3 rounds)		Movement Category	Week 1	Week 2	Week 3	Week 4		
	Med Ball Slam		Full Body	6	8	10	10		
	Cardio (Bike, battle ropes, climber) etc.		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									