аш	AXIOM	••		Cycle			Туре		
Program	Fitness Academy Fat Loss//I		Functional	Weeks 1-4			Beg-Interm 2x/week		
		PREP [4-6 min]		PRIME [4-6 min]					
WARM-UP	Goal: Joint mobility + muscle activation				Goal: Increase Nuero + Cardiovascular activity				
		LIF	T Session A: Lowe	r Push//Upper	Pull				
	Exercise		Movement Category	Week 1	Week 2	Week 3	Week 4		
¥	Goblet Squat		Knee Dom - Squat	2x 12-15	3x 12-15	3x 10-12	4x 8-10		
Triplex ;	Single-arm Band Rows		Pull - Horizontal	2x 12-15	3x 10-12	3x 10-12	4x 8-10		
Ē	Lateral Plank Variation		Core - Lateral	2x 30 sec/side	3x 30 sec/side	3x 30 sec/side	e 3x 30 sec/side		
Notes	(rest/tempo): Minimize rest b/w e	exercises and rest approxima	ately 90 sec between rounds		· !				
#2	2-arm High Cable Rows		Pull - Vertical	2x 12-15	3x 12-15	3x 10-12	4x 8-10		
Triplex #	Split Squat		Knee Dom - Lunge	2x 12-15	3x 10-12	3x 10-12	4x 8-10		
Ë	Kettlebell Goblet Carry		Core - Carry	2x 40yards	3x 40yards	3x 40yards	3x 40yards		
Notes	(rest/tempo): Minimize rest b/w	exercises and rest approxima	ately 90 sec between rounds		l .				
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	s (rest/tempo): Minimize rest b/w e	exercises and rest approxima	ately 90 sec between rounds		l				
_	Metabolic Circui	t x3 rounds	Movement Category	Week 1	Week 2	Week 3	Week 4		
FINISH	Band Squat-	to-rows	Full Body	30 on/20 off	40 on/20 off	45 on/15 o	ff 30 on/10 off		
Z	Band 10)-2	Functional Core	30 on/20 off	40 on/20 off	45 on/15 o	ff 30 on/10 off		
т.	Battle Rope Do	uble Wave	Conditioning	30 on/20 off	40 on/20 off	45 on/15 o	ff 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 roui	nds for last 2 rounds a	s needed				

PREP [4-6 min] Goal: Joint mobility + muscle activation	//Functional IFT Session B: Lower Movement Category Hip Dom - Hinge		Nuero + ar activity	E [4-6 min]	eg-Interm 2x/week
Goal: Joint mobility + muscle activation Exercise ttlebell RDL	Movement Category	Cardiovascula er Pull//Upper Week 1	Nuero + or activity Push		
Exercise ttlebell RDL	Movement Category	Cardiovascula er Pull//Upper Week 1	Push		
Exercise ttlebell RDL	Movement Category	Week 1			
ttlebell RDL			Week 2		
	Hip Dom - Hinge	2x 12-15		Week 3	Week 4
nd Chest Press			3x 12-15	3x 10-12	4x 8-10
	Push - Horizontal	2x 12-15	3x 10-12	3x 10-12	4x 8-10
adbug Variation	Core - Anterior	2x 8-10	3x 8-10	3x 8-10	3x 8-10
st/tempo): Minimize rest b/w exercises and rest approxi	I mately 90 sec between rounds	3			
Incline Press	Push - Vertical	2x 12-15	3x 12-15	3x 10-12	4x 8-10
nded Bench Bridge	Hip Dom - Hinge	2x 8-10	3x 10-12	3x 10-12	4x 8-10
nd tic-tocs	Core - lateral	2x 15/side	3x 15/side	3x 12-15/side	4x 10-12/side
st/tempo): Minimize rest b/w exercises and rest approx	mately 90 sec between rounds	.			
Hamstring Curls	Hip Dom - Curl	2x 12-15	3x 10-12	3x 12-15	3x 12-15
Roll-Out	Core - Anterior	2x 8	3x 8-10	3x 10-12	3x 10-12
sistance Band Chest Fly	Push - Isolation	2x 12-15	3x 12-15	3x 12-15	3x 12-15
st/tempo): Minimize rest b/w exercises and rest approxi		<u> </u>		ļ.	
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
-	nd tic-tocs st/tempo): Minimize rest b/w exercises and rest approxi Hamstring Curls Roll-Out sistance Band Chest Fly st/tempo): Minimize rest b/w exercises and rest approxi Burnout Finisher (2-3 rounds) Med Ball Slam	The contract of the contract o	Inded Bench Bridge Indictors Core - lateral St/tempo): Minimize rest b/w exercises and rest approximately 90 sec between rounds Hamstring Curls Hip Dom - Curl Core - Anterior Roll-Out Core - Anterior Push - Isolation St/tempo): Minimize rest b/w exercises and rest approximately 90 sec between rounds Burnout Finisher (2-3 rounds) Movement Category Med Ball Slam Full Body 6	Indeed Bench Bridge Inditic-tocs Core - lateral Core - lateral Ext/tempo): Minimize rest b/w exercises and rest approximately 90 sec between rounds Hamstring Curls Hip Dom - Curl Core - Anterior Core - Anterior Extra 12-15 Extra 2x 8 Extra 12-15 Extra 3x 10-12 Extra 12-15 Extr	Hip Dom - Hinge Core - lateral Core - lateral Ax 15/side 3x 15/side 3x 12-15/side Ax 12-15 Ax