

# AdvantageStrong

WEEKS 1-3

MON

TUE

WED

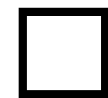
THU

FRI

SAT

SUN

UPPER BODY  
STRENGTH  
35 MINUTES



STRENGTH &  
BALANCE  
18 MINUTES



LOWER BODY  
STRENGTH  
25 MINUTES



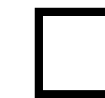
ACTIVE  
RECOVERY  
30 MINUTES



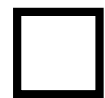
TOTAL BODY  
A.M.R.A.P.  
38 MINUTES



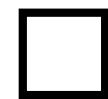
REST OR  
CARDIO



REST



UPPER BODY  
STRENGTH  
35 MINUTES



STRENGTH &  
BALANCE  
18 MINUTES



LOWER BODY  
STRENGTH  
25 MINUTES



STICK  
MOBILITY  
15 MINUTES



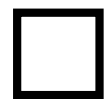
TOTAL BODY  
A.M.R.A.P.  
38 MINUTES



REST OR  
CARDIO



REST



UPPER BODY  
STRENGTH  
35 MINUTES



STRENGTH &  
BALANCE  
18 MINUTES



LOWER BODY  
STRENGTH  
25 MINUTES



CORE  
11 MINUTES



TOTAL BODY  
A.M.R.A.P.  
38 MINUTES



REST OR  
CARDIO



REST



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# AdvantageStrong

WEEKS 4-6

MON

TUE

WED

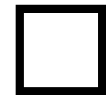
THU

FRI

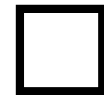
SAT

SUN

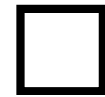
LOWER BODY  
STRENGTH  
28 MINUTES



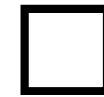
KETTLEBELL  
INTERVALS  
28 MINUTES



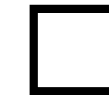
ACTIVE  
RECOVERY  
30 MINUTES



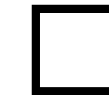
UPPER BODY  
STRENGTH  
28 MINUTES



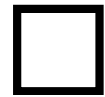
TOTAL BODY  
A.M.R.A.P.  
38 MINUTES



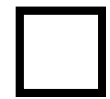
REST OR  
CARDIO



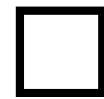
REST



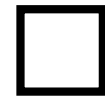
LOWER BODY  
STRENGTH  
28 MINUTES



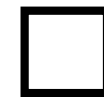
KETTLEBELL  
INTERVALS  
28 MINUTES



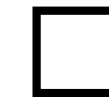
STICK  
MOBILITY  
15 MINUTES



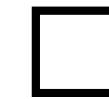
UPPER BODY  
STRENGTH  
28 MINUTES



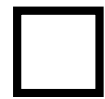
TOTAL BODY  
A.M.R.A.P.  
38 MINUTES



REST OR  
CARDIO



REST



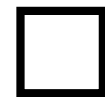
LOWER BODY  
STRENGTH  
28 MINUTES



KETTLEBELL  
INTERVALS  
28 MINUTES



CORE  
11 MINUTES



UPPER BODY  
STRENGTH  
28 MINUTES



TOTAL BODY  
A.M.R.A.P.  
38 MINUTES



REST OR  
CARDIO



REST



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