**Programming for Semi-Private**

**4 days per week**

Monday: Strength Training Upper Body - Semi-Private Training

Tuesday: Strength Training Lower Body - Semi-Private Training

Wednesday: OFF or Stability Training (homework ELITE only)

Thursday: Strength Training Upper Body - Semi-Private Training

Friday: Strength Training Lower Body - Semi-Private Training

Saturday: OFF

Sunday: OFF

**3 days per week**

Week #1

Monday: Strength Training Upper Body – Semi-Private Training

Tuesday: OFF or Stability Training (ELITE only)

Wednesday: Strength Training Lower Body - Semi-Private Training

Thursday: OFF

Friday: Strength Training Upper Body - Semi-Private Training

Saturday: OFF – Endurance day (ELITE only)

Sunday: OFF

Week #2

Monday: Strength Training Lower Body - Semi-Private Training

Tuesday: OFF or Stability Training (ELITE only)

Wednesday: Strength Training Upper Body - Semi-Private Training

Thursday: OFF

Friday: Strength Training Lower Body - Semi-Private Training

Saturday: OFF – Endurance (ELITE only)

Sunday: OFF

**2 days per week**

Monday: Endurance day (ELITE only)

Tuesday: Strength Training total body - Semi-Private Training

Wednesday: OFF or Stability Training (ELITE only)

Thursday: Strength Training total body - Semi-Private Training

Friday: OFF

Saturday: Mobility/Endurance (ELITE only)

Sunday: OFF

**1 day per week**

Same structure as 2 days per week, but you participate in ONE semi-private session/week and then perform 1-2 more days on your own.

**Metabolic Conditioning at the end of every session:**

Modified for all levels!

An example of a finisher:

For Time:

1) Jump Rope x 150 (OR Plate Runs x 75)

2) Push Jerk (bar or DBs) x 30

3) Run 200m (OR 100m)

4) Jump Rope x 100 (OR Plate Runs x 50)

5) Push Jerk (bar or DBs) x 20

6) Run 200m (OR 100m)

7) Jump Rope x 50 (OR Plate Runs x 25)

8) Push Jerk (bar or DBs) x 10

9) Run 200m (OR 100m)

\*\*\*\* All workouts done outside of semi-private training are provided ONLY for the ELITE level clients.