Training Schedule

Training Guide · https://www.fitnessacademy.com/help-center/training-schedule/

Fitness is personal. FLEX is a five-day program with strength work and conditioning built into every session. It can also be done at four or three days. Think of the weekly plan as a guide to adjust according to your needs and schedule.

Recommended Schedule

- **Monday:** Day 1
- **Tuesday:** Day 2
- **Wednesday:** Day 3
- **Thursday:** Rest
- **Friday:** Day 4
- **Saturday:** Day 5
- **Sunday:** Rest

Adjusting Your Focus

You can follow the full program as written or shift your focus within each session:

- **Full Program:** Prep Work, Strength Work, Conditioning Work, and Cool-Down.
- **Strength and Muscle Building Focus:** Prioritize strength work. Skip or modify conditioning as needed (fewer rounds or lower intensity).
- **Conditioning Focus:** Prioritize conditioning. Strength work can be reduced or reordered depending on your schedule.

Adapting to 4 Days

Follow Days **1, 2, 4, and 5**. You still cover all major movement patterns with adequate recovery.

Example Weekly Layout:

- **Monday:** Day 1
- **Tuesday:** Day 2
- **Wednesday:** Rest
- **Thursday:** Day 4
- **Friday:** Day 5
- **Saturday:** Rest
- **Sunday:** Rest

Adapting to 3 Days

Follow Days **1, 2, and 3**. Days 1 and 2 each hit multiple major movement patterns. Day 3 is arms for the strength work but the conditioning is typically a longer full body piece so that session rounds out the week. Spread them out so you're not stacking back to back.

Example Weekly Layout:

- **Monday:** Day 1
- **Tuesday:** Rest
- **Wednesday:** Day 2
- **Thursday:** Rest
- **Friday:** Day 3
- **Saturday:** Rest
- **Sunday:** Rest

Key Principles

Consistency First, Then Intensity:

- **Movement Quality:** Prioritize technique and form before increasing pace or load.
- **Build Consistency:** Establish a routine you can sustain before pushing harder.

- **Increase Gradually:** Add volume or intensity only when your movement quality and consistency are solid.
- **Listen to Your Body:** Fatigued or sore? Dial back. Feeling good? Push harder.

Questions?

Post in the Facebook group or contact support.