

Strength Specific Training Schedule - BARUCHealth

Month	Week	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
_/12	Week 1		Main Lift:	Main Lift:	Main Lift:	Main Lift:	Main Lift:	Main Lift:	Main Lift:	
_/12	Week 2		Main Lift:	Main Lift:	Main Lift:	Main Lift:	Main Lift:	Main Lift:	Main Lift:	Main Lift:

Notes