


THE TRAINING CALENDAR

DIABETIC
SHRED

PHASE 1

GROUNDWORK – WEEKS 1-5
BIG STRENGTH MOVES



DAY 1 WHOLE BODY	DAY 2 REST	DAY 3 WHOLE BODY	DAY 5 REST	DAY 5 WHOLE BODY	DAY 6 REST	DAY 7 WHOLE BODY
DAY 8 REST	DAY 9 WHOLE BODY	DAY 10 REST	DAY 11 WHOLE BODY	DAY 12 REST	DAY 13 WHOLE BODY	DAY 14 REST
DAY 15 UPPER BODY	DAY 16 LOWER BODY	DAY 17 REST	DAY 18 UPPER BODY	DAY 19 LOWER BODY	DAY 20 REST	DAY 21 UPPER BODY
DAY 22 LOWER BODY	DAY 23 UPPER BODY	DAY 24 REST	DAY 25 LOWER BODY	DAY 26 UPPER BODY	DAY 27 REST	DAY 28 LOWER BODY
DAY 29 UPPER BODY	DAY 30 LOWER BODY	DAY 31 REST	DAY 32 UPPER BODY	DAY 33 LOWER BODY	DAY 34 REST	DAY 35 UPPER BODY
DAY 1 	CROSS OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF PROGRESS.					

KEY NOTES

PHASE 2

REGENERATION – WEEKS 6-7
RECOVER & ADAPT



DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
WHOLE BODY	REST	WHOLE BODY	REST	WHOLE BODY	REST	REST

KEY NOTES

PHASE 3

HELL FIRE – WEEKS 7-14



DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
BACK + CORE	CHEST/DELTS	LEGS	REST	ARMS	LEGS	REST
DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
BACK + CORE	CHEST/DELTS	LEGS	REST	ARMS	LEGS	REST
DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
BACK + CORE	CHEST/DELTS	LEGS	REST	ARMS	LEGS	REST
DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
REST	CHEST/DELTS + CORE	ARMS	LEGS	BACK/DELTS	CHEST/ARMS + CORE	LEGS
DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77
REST	CHEST/DELTS + CORE	ARMS	LEGS	BACK/DELTS	CHEST/ARMS + CORE	LEGS
DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
REST	CHEST/DELTS + CORE	ARMS	LEGS	BACK/DELTS	CHEST/ARMS + CORE	LEGS
DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	DAY 91
UPPER BODY	LOWER BODY	REST	UPPER BODY	LOWER BODY	REST	UPPER BODY
DAY 92	DAY 93	DAY 94	DAY 95	DAY 96	DAY 97	DAY 98
UPPER BODY	LOWER BODY	REST	UPPER BODY	LOWER BODY	REST	UPPER BODY

KEY NOTES

PHASE 4

REGENERATION – WEEKS 15-16
RECOVER & ADAPT



DAY 99	DAY 100	DAY 101	DAY 102	DAY 103	DAY 104	DAY 105
WHOLE BODY	REST	WHOLE BODY	REST	WHOLE BODY	REST	REST

KEY NOTES
