

**\*Print and mark as you go**

**Alpha Training System: Weeks 1-4**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Rest	Upper (a) <b>POWER</b>	Lower (a) <b>POWER</b>	Rest	Upper (b) <b>HYPHER</b>	Lower (b) <b>HYPHER</b>	Rest
Rest	Upper (b) <b>POWER</b>	Lower (b) <b>POWER</b>	Rest	Upper (a) <b>HYPHER</b>	Lower (a) <b>HYPHER</b>	Rest
Rest	Upper (a) <b>POWER</b>	Lower (a) <b>POWER</b>	Rest	Upper (b) <b>HYPHER</b>	Lower (b) <b>HYPHER</b>	Rest
Rest	Upper (b) <b>POWER</b>	Lower (b) <b>POWER</b>	Rest	Upper (a) <b>HYPHER</b>	Lower (a) <b>HYPHER</b>	Rest

**\*Print and mark as you go**

**Alpha Training System: Weeks 5 - 8**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Rest	Upper (a) <b>POWER</b>	Lower (a) <b>POWER</b>	Rest	Upper (b) <b>HYPER</b>	Lower (b) <b>HYPER</b>	Rest
Rest	Upper (b) <b>DE-LOAD</b>	Lower (b) <b>DE-LOAD</b>	Rest	Upper (a) <b>DE-LOAD</b>	Lower (a) <b>DE-LOAD</b>	Rest
Rest	Upper (c) <b>POWER</b>	Lower (c) <b>POWER</b>	Rest	Upper (d) <b>HYPER</b>	Lower (d) <b>HYPER</b>	Rest
Rest	Upper (d) <b>POWER</b>	Lower (d) <b>POWER</b>	Rest	Upper (c) <b>HYPER</b>	Lower (c) <b>HYPER</b>	Rest

**\*Print and mark as you go**

**Alpha Training System: Weeks 9-12**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Rest	Upper (d) <b>POWER</b>	Lower (d) <b>POWER</b>	Rest	Upper (c) <b>HYPER</b>	Lower (c) <b>HYPER</b>	Rest
Rest	Upper (c) <b>POWER</b>	Lower (c) <b>POWER</b>	Rest	Upper (d) <b>HYPER</b>	Lower (d) <b>HYPER</b>	Rest
Rest	Upper (d) <b>POWER</b>	Lower (d) <b>POWER</b>	Rest	Upper (c) <b>HYPER</b>	Lower (c) <b>HYPER</b>	Rest
Rest	Upper (c) <b>POWER</b>	Lower (c) <b>POWER</b>	Rest	Upper (d) <b>HYPER</b>	Lower (d) <b>HYPER</b>	Rest