Strength Training Calendar

Frequency: Twice a weekGoal:Intensity: Ten controlled repetitionsGoal:Duration: Twelve weeks/eight weeksGoal:

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Exercise		Current Level					1			2	3		4		5		6		7		8		9		10		11		12			
Front	Side-stepping		1	2		3	4																									
Limb	Push-ups		1	2		3	4																									e-test
Rear	Side-stepping		1	2		3	4																									re
Limb	Sit-to-stand		1	2		3	4																									