

Daily Assignments



Write your assignments for each component of practice. Use your **Weekly Focuses Worksheet** for reference. Print additional copies to cover each week of each training phase.

Ex:

BB:

2 Acro Complexes*

3 Alternating Drills & Skills

3x Routine Circuit "C"*

*Specific Complex & Circuit Descriptions will be laid out in "Drills & Complexes" Document and vVdeos.

WEEK ____, DAY _____ DAILY TRAINING PLANS

PHASE _____

Warm up

Conditioning

VT

UB

BB

FX

FLEX

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