



## ***NASM Essentials of Personal Fitness Training***

### **Monthly Program Design Plan**

Week	1							2							3							4														
Day	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S								
<b>Phase 1:</b> Stabilization Endurance Training																																				
<b>Phase 2:</b> Strength Endurance Training																																				
<b>Phase 3:</b> Hypertrophy																																				
<b>Phase 4:</b> Maximal Strength Training																																				
<b>Phase 5:</b> Power Training																																				
Cardio																																				
Flexibility																																				
Re- Assessment																																				