



ViPR PRO FUNDAMENTAL WORKOUTS PROGRAMMING



Level	Week	Day 1	Day 2	Day 3	Day 4	Day 5
<i>Deconditioned Novice</i>	1	Foundational Mobility		Foundational Mobility		Foundational Mobility
	2	Rhythm and Timing		Foundational Mobility		Foundational Mobility + Rhythm and Timing
<i>Deconditioned Intermediate or Conditioned Novice</i>	3	Foundational Mobility + Foundational Strength		Transitional Mobility		Rhythm and Timing + Foundational Strength
	4	Rhythm and Timing + Foundational Strength		Transitional Mobility + Aerobic Conditioning		Rhythm and Timing + Foundational Strength
<i>Deconditioned Advanced or Conditioned Intermediate</i>	5	Foundational Mobility + Foundational Strength		Rhythm and Timing + Aerobic Conditioning		Transitional Mobility + Strength Endurance
	6	Rhythm and Timing + Foundational Strength		Rhythm and Timing + Aerobic Conditioning		Transitional Mobility + Strength Endurance
	7	Transitional Mobility + Strength Endurance (Day 1)		Rhythm and Timing + Aerobic Conditioning		Transitional Mobility + Strength Endurance (Day 2)
<i>Conditioned Advanced</i>	8	Foundational Mobility + Strength Endurance (Day 1)	Mobility Workout (All 3)		Transitional Mobility + Strength Endurance (Day 2)	Rhythm and Timing + Aerobic Conditioning
	9	Foundational Mobility + Strength Endurance (Day 1)	Mobility Workout (All 3)		Transitional Mobility + Strength Endurance (Day 2)	Rhythm and Timing + HIIT
	10	Transitional Mobility + Foundational Strength (Heavier)	Rhythm and Timing + HIIT		Transitional Mobility + 3D Strength	Rhythm and Timing + HIIT
	11	Transitional Mobility + 3D Strength	Rhythm and Timing + HIIT		Transitional Mobility + 3D Strength	Rhythm and Timing + 500 Workout
	12	Transitional Mobility + 3D Strength	Rhythm and Timing + 500 Workout		Transitional Mobility + 3D Strength	Rhythm and Timing + 500 Workout
	13	Rhythm and Timing + Foundational Power		Transitional Mobility + 500 Workout		Rhythm and Timing + Foundational Power
	14	Transitional Mobility + Foundational Power		Rhythm and Timing + 3x10 Min AMRAPs		Transitional Mobility + Explosive Power
	15	Transitional Mobility + Explosive Power		Rhythm and Timing + 3x10 Min AMRAPs		Rhythm and Timing + 3D Power
	16	Transitional Mobility + Explosive Power		Rhythm and Timing + 4x10 Min AMRAPs		Transitional Mobility + 3D Power

Level	Week	Day 1	Day 2	Day 3	Day 4	Day 5
	17	Rhythm and Timing + Foundational Power	Transitional Mobility + Explosive Power		Mobility Day	Transitional Mobility + 3D Power
	18	Rhythm and Timing + Foundational Power	Transitional Mobility + Explosive Power		Foundational Mobility + Foundational Strength	Transitional Mobility + 3D Power
	19	3D Power + Foundational Strength	Foundational Mobility + Aerobic Conditioning		3D Power + Strength Endurance	Foundational Mobility + Aerobic Conditioning
	20	3D Power + Strength Endurance	Foundational Mobility + Aerobic Conditioning		3D Power + 3D Strength	Mobility Day
Maintenance (High Variability)	21	Foundational Mobility + Aerobic Conditioning		Rhythm and Timing + Foundational Strength		Rhythm and Timing + Foundational Power
	22	Rhythm and Timing + HIIT		Foundational Mobility + Strength Endurance (Day 1)		Transitional Mobility + Explosive Power
	23	Transitional Mobility + 500 Workout		Transitional Mobility + Strength Endurance (Day 2)		Rhythm and Timing + Foundational Power
	24	Rhythm and Timing + 3x10 Min AMRAPs		Transitional Mobility + 3D Strength		Transitional Mobility + 3D Power