

# MI40-X CEP TRAINING CALENDAR

## PHASE 1 - FREQUENCY

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 1	Chest/Front Delts/ Biceps	Back/Rear Delts/ Triceps	Quads/Hams	Biceps/Chest/Side & Front Delts	Triceps/Back	Hams/Quads	Off

## PHASE 2 - FREQUENCY

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
WEEK 2	Chest/Front Delts/ Biceps	Back/Rear Delts/ Triceps	Quads/Hams	Biceps/Chest/Side & Front Delts	Triceps/Back	Hams/Quads	Off

## PHASE 3 - POWER/HYPERTROPHY

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
WEEK 3	Off	Chest/Back	Quads/Hams	Side Delts/Biceps/ Triceps	Chest/Rear Delts/ Back	Hams/Quads	Off

## PHASE 4 - STRENGTH/HIGH THRESHOLD

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
WEEK 4	Chest/Side Delts	Back/Hams	Quads	Off	Squat/Bench/ Deadlift	Biceps/Triceps/ Side Delts	Off

## PHASE 5 - DE-LOAD

## PHASE 6 - OVERREACHING

	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
WEEK 5	Chest/Back	Quads/Biceps + HIIT	Hams/Side Delts/ Triceps	Off	Chest/Delts/ Triceps	AM Back/Biceps PM Back/Biceps	AM Quads/Hams PM Quads/Hams

## PHASE 6 - OVERREACHING

## BEGIN PHASE 7 - SUPERCOMPENSATION

	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
WEEK 6	Back/Chest/ Biceps/Triceps	Quads/Hams	AM Hams/Back/ Side & Rear Delts PM Hams/Back/ Side & Rear Delts	Chest/Biceps/ Triceps	Quads/Hams	Off	Off