

Power Series with Triple H Workout Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Upper Body 1	Lower Body	Mobility	Upper Body 2	Muscle-Building Cardio	Rest	Rest
Week 2	Upper Body 1	Lower Body	Mobility	Upper Body 2	Muscle-Building Cardio	Mobility	Rest
Week 3	Upper Body 1 + Muscle- Building Cardio	Lower Body	Mobility	Upper Body 2	Muscle-Building Cardio	Mobility	Rest
Week 4	Upper Body 1	Lower Body + Mobility	Muscle-Building Cardio	Upper Body 2	Lower Body + Mobility	Muscle-Building Cardio	Rest