

TNB TURBO Training Calendar

4 Days a Week, 2 On 1 Off 2 on 2 Off (Standard)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____
Upper Body Workout A Strength/Muscle (Heavier) W1-M1	Lower Body Workout A Strength/Muscle (Heavier) W2-M1	Off	Upper Body Workout B Muscle/Metabolic (Lighter) W3-M1	Lower Body Workout B Muscle/Metabolic (Lighter) W4-M1	Off	Off
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____
Upper Body Workout A Strength/Muscle (Heavier) W5-M2	Lower Body Workout A Strength/Muscle (Heavier) W6-M2	Off	Upper Body Workout B Muscle/Metabolic (Lighter) W7-M2	Lower Body Workout B Muscle/Metabolic (Lighter) W8-M2		Off
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____
Upper Body Workout A Strength/Muscle (Heavier) W9-M3	Lower Body Workout A Strength/Muscle (Heavier) W10-M3	Off	Upper Body Workout B Muscle/Metabolic (Lighter) W11-M3	Lower Body Workout B Muscle/Metabolic (Lighter) W12-M3		Off
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____
Upper Body Workout A Strength/Muscle (Heavier) W13-M4	Lower Body Workout A Strength/Muscle (Heavier) W14-M4	Off	Upper Body Workout B Muscle/Metabolic (Lighter) W15-M4	Lower Body Workout B Muscle/Metabolic (Lighter) W16-M4		Off

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____
Upper Body Workout A Strength/Muscle (Heavier) W17-M5	Lower Body Workout A Muscle/Metabolic (Heavier) W18-M5	Off	Upper Body Workout B Strength/Muscle (Lighter) W19-M5	Lower Body Workout B Muscle/Metabolic (Lighter) W20-M5	Off	Off
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____
Upper Body Workout A Strength/Muscle (Heavier) W21-M6	Lower Body Workout A Muscle/Metabolic (Heavier) W22-M6	Off	Upper Body Workout B Strength/Muscle (Lighter) W23-M6	Lower Body Workout B Muscle/Metabolic (Lighter) W24-M6	Off	Off
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____	Month _____ Date _____
Upper Body Workout A Strength/Muscle (Heavier) W25-M7	Lower Body Workout A Muscle/Metabolic (Heavier) W26-M7	Off	Upper Body Workout B Strength/Muscle (Lighter) W27-M7	Lower Body Workout B Muscle/Metabolic (Lighter) W28-M7	Off	

- W = workout number; M = microcycle number (On T.N.B. 1 week = 1 microcycle)
- 28 workouts for each 7-week training block (mesocycle)
- 2 day split: Day one: upper body, day two: lower body and abs
- Heavier/lighter system: Workout A heavier day. Workout B lighter day (“daily undulating periodization”)
- 3 sets of 6-10 reps per exercise on heavier days, 3 sets of 12-15 reps on lighter days (higher reps for abs and calves)
- 4 days per week (standard). Options: 3X per week (abbreviated schedule for ultra-busy people); 5X per week elite schedule
- Works every muscle twice per week
- Fixed schedule (Training days and rest days are the same every week)
- Variation 1: Tuesday, Wednesday, Friday, Saturday (different days)
- Variation 2: Take Fridays off and train Saturday (fewer days in a row lifting may enhance overall recovery)