

Dynamic Duo Training “Periodization” Checklist

Below is a checklist of what we suggest you need to obtain a properly Periodized Strength Program

1	Volume, Frequency, and Intensity	<input type="checkbox"/>
	<ol style="list-style-type: none"> 1. Mix-Up different rep schemes, sets, and rest periods 2. How long will each cycle be? (Micro, Meso, or Macro) 3. Test your 1 Rep Maxes on lifts and use different Intensity levels 	
2	Map Out Each Training Session & Keeping Data	<input type="checkbox"/>
	<ol style="list-style-type: none"> 1. Before each training session try and write out everything you will be doing the day in a journal. 2. Also keep track of data (sets, reps, weights) each training session. 3. Write down the reps and weight you did for that particular workout so that the following week you know where to increase weight at. 	
3	Find Out What Your Overall Goal Is	<input type="checkbox"/>
4	What Type of Periodization Are you Doing	<input type="checkbox"/>
	<ol style="list-style-type: none"> 1. Block Periodization 2. Linear Periodization 3. Non-Linear Periodization 4. Daily Undulating Periodization 	

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