

## Adults Training Program

### Weeks 1 - 2

#### NUMBER OF WEIGHTS

POSITION	1	2	3	4	5	1
STANDARD	2 x swings on each side	2 x swings on each side	2 x swings on each side	2 x swings on each side	2 x swings on each side	5 x swings on dominant side

### Weeks 3 - 4

#### NUMBER OF WEIGHTS

POSITION	1	2	3	4	5	1
STANDARD	2 x swings on each side	2 x swings on each side	2 x swings on each side	2 x swings on each side	2 x swings on each side	5 x swings on dominant side
SLIDE STEP	2 x swings on each side	2 x swings on each side	2 x swings on each side	2 x swings on each side	2 x swings on each side	5 x swings on dominant side

### Weeks 5 - 6

#### NUMBER OF WEIGHTS

POSITION	1	2	3	4	5	1
STANDARD	3 x swings on each side	3 x swings on each side	3 x swings on each side	3 x swings on each side	3 x swings on each side	5 x swings on dominant side
SLIDE STEP	3 x swings on each side	3 x swings on each side	3 x swings on each side	3 x swings on each side	3 x swings on each side	5 x swings on dominant side
STANDARD	X	X	5 x swings on each side	X	X	X

### Weeks 7 - 8

#### NUMBER OF WEIGHTS

POSITION	1	2	3	4	5	1
STANDARD	4 x swings on each side	4 x swings on each side	4 x swings on each side	4 x swings on each side	4 x swings on each side	5 x swings on dominant side
SLIDE STEP	4 x swings on each side	4 x swings on each side	4 x swings on each side	4 x swings on each side	4 x swings on each side	5 x swings on dominant side
STANDARD	X	X	5 x swings on each side	X	X	X

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