

RZC: Six Week Calendar Blueprint

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Assessment	EMF	Workout A	Stretch/Flexibility	Workout B	EMF	Play Golf
	EMF	Range: GOLO	Range: GOLO	Range: GOLO	Range: GOLO	Range: GOLO	
	GTG: Setup	GTG: Setup	GTG: Setup	GTG: Setup	GTG: Setup	GTG: Setup	
WEEK 2	Workout A	EMF	Workout B	Stretch/Flexibility	Workout C	Stretch/Flexibility	Assessment
	GTG: TW 7:30	Range: 7:30	Range: 7:30	Range: Right Hand	Range: Right Hand	Range: Right Hand	
		GTG: TW 7:30	GTG: TW 7:30	GTG: TW 7:30	GTG: TW 7:30	GTG: TW 7:30	
WEEK 3	Workout A	EMF	Workout B	Stretch/Flexibility	Workout C	EMF	Play Golf
	GTG: TW 9:00	Range: Quit Flip	Range: Quit Flip	Range: 9 O'Clock	Range: 9 O'Clock	Range: 9 O'Clock	
		GTG: TW 9:00	GTG: TW 9:00	GTG: TW 9:00	GTG: TW 9:00	GTG: TW 9:00	
WEEK 4	Workout A	EMF	Workout B	Stretch/Flexibility	Workout C	EMF	Assessment
	GTG: TW 10:30	Range: 10:30	Range: 10:30	Range: Door Hinge	Range: Door Hinge	Range: Door Hinge	
		GTG: TW 10:30	GTG: TW 10:30	GTG: TW 10:30	GTG: TW 10:30	GTG: TW 10:30	
WEEK 5	Workout A	EMF	Workout B	Stretch/Flexibility	Workout C	EMF	Play Golf
	GTG: Impact	Range: Long Arm	Range: Long Arm	Range: Three Hole	Range: Three Hole	Range: Three Hole	
		GTG: Impact	GTG: Impact	GTG: Impact	GTG: Impact	GTG: Impact	
WEEK 6	Workout A	EMF	Workout B	Stretch/Flexibility	Workout C	EMF	Assessment
	GTG: Setup	Range: Right Hand	Range: Quit Flip	Range: Door Hinge	Range: Three Hole	Range: Three Hole	
		GTG: Setup	GTG: TW 7:30	GTG: TW 9:00	GTG: TW 10:30	GTG: Impact	