

Figure 4: The Program Balance Worksheet (do you have balance between 6 regions?)

	<b>Unloaded</b>	<b>Loaded</b>	<b>Exploded</b>	
	Example = Running	Example = hypertrophy	...	
<b>Linear</b>	Example = Yoga	...	...	<b>3-Dimensional</b>
	<b>Unloaded</b>	<b>Loaded</b>	<b>Exploded</b>	