

A muscular man with tattoos is shown from the chest up, lifting a heavy barbell. He has a determined expression and is wearing a black tank top. The background is a textured, grey wall. The title 'OFF-SEASON TRANSITION MANUAL' is overlaid in large, white, distressed font. Below the title, the subtitle 'A GUIDE TO REDUCTION IN BURNOUT, AND ENHANCEMENT IN FUTURE PERFORMANCE' is written in a smaller, white, sans-serif font. A red diagonal bar at the bottom contains the Wenning Strength logo and name.

# **OFF-SEASON TRANSITION MANUAL**

A GUIDE TO REDUCTION  
IN BURNOUT, AND  
ENHANCEMENT IN  
FUTURE PERFORMANCE



**WENNING STRENGTH**

# **Matt Wenning Manual**

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