



FITNESS CONNECTION F.A.S.T SCHEDULE | Functional Athletic Strength Team Training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
am		AMRAP-FULL BODY 6:30-7:30 <i>Maddie</i>		ENDURANCE 6:30-7:30 <i>Maddie</i>	LIFT-FULL BODY 6:30-7:30 <i>Angelina</i>	ENDURANCE 10:00-11:00 <i>Jorge</i>	
		LIFT-PULL 9:20-10:10 <i>Mike</i>		LIFT-PUSH 9:20-10:10 <i>Mike</i>			
lunch	LIFT-PUSH 12:10-1:00 <i>Mike</i>	AMRAP-LOWER 12:10-1:00 <i>Rich</i>	ENDURANCE 12:10-1:00 <i>Val</i>	LIFT - PULL 12:10-1:00 <i>Mike</i>	AMRAP-UPPER 12:10-1:00 <i>Rich</i>		
pm	LIFT - PUSH 6:00-7:00 <i>Val</i>	AMRAP – FULL BODY 6:30-7:30 <i>Maddie</i>	LIFT – PULL 5:20-6:10 <i>Angelina</i>	ENDURANCE 6:30-7:30 <i>Val</i>			
			LIFT – PULL 6:15-7:05 <i>Angelina</i>				

LIFT – Workouts are centered around powerlifting movements combined with HIIT. Pull days will consist of deadlifts and rows. Push days will consist of bench press and squats.

AMRAP – As many rounds of possible of circuits are performed in a fixed period of time.

ENDURE – Majority of the class will take place on our TECHNOGYM SKILLRUN and SKILLROW combined with some weight training and plyometrics for reps.