



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
am	LIFT-PUSH 9:35-10:25 <i>Matt</i>	AMRAP-UPPER 9:35-10:25 <i>Lea</i>	LIFT-PULL 9:35-10:25 <i>Mike</i>	AMRAP-LOWER 9:35-10:25 <i>Sandra</i>	AMRAP-FULL BODY 9:35-10:25 <i>Lea</i>	AMRAP-FULL BODY 9:35-10:25 <i>Matt</i>	LIFT-FULL BODY 9:35-10:25 <i>Sandra</i>
lunch		LIFT-PULL 12:30-1:20 <i>Matt</i>		ENDURE 12:30-1:20 <i>Sandra</i>	LIFT-PUSH 12:30-1:20 <i>Matt</i>		
pm	LIFT-PUSH 6:05-6:55 <i>Lea</i>	AMRAP-UPPER 6:35-7:25 <i>Sandra</i>		AMRAP-LOWER 6:35-7:25 <i>JoAnne</i>			

PULL- Workouts will consist of deadlifts and rows

PUSH- Workouts will consist of bench press and squats

LIFT- Workouts are centered around powerlifting movements combined with HIIT.

AMRAP- "As many rounds as possible" circuits are to be performed in a fixed period of time

ENDURE- Majority of the class will involve the use of our Technogym Skillrun and Skillrow Machines with some weight training and plyometrics for reps.