



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>am</b>	<b>LIFT-PUSH</b> 9:35-10:25 <i>Matt</i>	<b>LIFT-PULL</b> 8:20-9:10 <i>Lea</i>	<b>LIFT-PULL</b> 9:35-10:25 <i>Mike</i>	<b>LIFT-PUSH</b> 8:20-9:10 <i>Sandra</i>  <b>LIFT-PUSH</b> 9:35-10:25 <i>Sandra</i>	<b>AMRAP-FULL BODY</b> 9:35-10:25 <i>Lea</i>	<b>ENDURE</b> 9:35-10:25 <i>Matt</i>	<b>LIFT-FULL BODY</b> 9:35-10:25 <i>Sandra</i>
<b>lunch</b>		<b>AMRAP-FULL BODY</b> 12:30-1:20 <i>Matt</i>		<b>LIFT-PULL</b> 12:30-1:20 <i>Sandra</i>	<b>LIFT-PUSH</b> 12:30-1:20 <i>Matt</i>		
<b>pm</b>	<b>LIFT-PUSH</b> 6:05-6:55 <i>Lea</i>	<b>AMRAP-FULL BODY</b> 6:35-7:25 <i>Sandra</i>	<b>LIFT-PULL</b> 6:05-6:55 <i>Mike</i>	<b>ENDURE</b> 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.