



Proudly presented by 

FAST

TRAINING

Functional. Athletic. Strength. Team TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
AM		LIFT-PULL 6:10-7:00 <i>Rosa</i>		LIFT-PUSH 6:10-7:00 <i>Rosa</i>			
	LIFT-PUSH 9:35-10:25 <i>Matt</i>		LIFT-PULL 9:35-10:25 <i>Mike</i>	ENDURE 9:35-10:25 <i>Sandra</i>	AMRAP FULL BODY 9:35-10:25 <i>Lea</i>	ENDURE 9:35-10:25 <i>Matt</i>	LIFT FULL BODY 9:35-10:25 <i>Rosa</i>
LUNCH		AMRAP- FULL BODY 12:30-1:20 <i>Matt</i>		ENDURE 12:30-1:20 <i>Sandra</i>	LIFT FULL BODY 12:30-1:20 <i>Matt</i>		
PM	LIFT-PUSH 6:05-6:55 <i>Lea</i>	AMRAP- FULL BODY 6:35-7:25 <i>Sandra</i>	LIFT-PULL 6:05-6:55 <i>Mike</i>	ENDURE 6:35-7:25 <i>Sandra</i>			