



Proudly presented by  fitness connection

FAST

TRAINING

Functional. Athletic. Strength. Team TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		AMRAP-FULL BODY 6:30-7:30 <i>Angelina</i>		ENDURANCE 6:30-7:30 <i>Alexis</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>Alexis</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>Angelina</i>	LIFT-PULL 12:10-1:00 <i>Rich</i>	AMRAP- UPPER 12:10-1:00 <i>Rich</i>	
PM	LIFT-PUSH 6:05-7:05 <i>Alexis</i>	AMRAP-FULL BODY 6:30-7:30 <i>Paloma</i>	LIFT-PULL & POWER FLOW 5:30-7:00 <i>Christine</i>	LIFT-FULL BODY 6:30-7:30 <i>Paloma</i>		