



Proudly presented by  fitness connection

FAST

TRAINING

Functional. Athletic. Strength. Team TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	LIFT PUSH 630am <i>Mike</i>	ENDURE 630am <i>Josh</i>	LIFT PULL 630am <i>Angelina</i>	AMRAP 630am <i>Josh</i>	LIFT-FULL BODY 630am <i>Angelina</i>		
	LIFT PUSH 915am <i>Mike</i>		LIFT PULL 915am <i>Angelina</i>		LIFT-FULL BODY 915am <i>Angelina</i>	ENDURE 10am <i>Jorge</i>	
LUNCH							
PM	AMRAP 530pm <i>Angelina</i>	LIFT PUSH 630pm <i>Angelina</i>	ENDURE 530pm <i>Josh</i>	LIFT PULL 630pm <i>Mike</i>			