

Friends Fit45

6 week challenge

Effective 22 May 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10am	Team Training		Team Training	Intermediate HIIT	Team Training		
6:40am		Kettlebell					
9:10am		Intermediate HIIT			Intermediate HIIT		
9:40am			Kettlebell			Team Training	Foam Roller
10:10am				TRX			
5:10pm		Foam Roller					
5:40pm			Team Training	Intermediate			
6:10pm	Technique						
7:10pm	Kettlebell		TRX				



Technique: **SMALL GROUP PT**

Whether you're just starting out, have an injury or want to brush up on your technique, this session takes you back to basics with a focus on posture and correct movement patterns. Don't take this session as a soft option; you will wake up sore tomorrow.

Intermediate: **GROUP PT SESSION**

This session combines many facets of functional movement including TRX suspension training, Kettlebells, Powerbands and Medicine balls. Suitable for all ages and fitness levels this group training session will burn body fat, increase strength and improve fitness.

TRX Strength: **SMALL GROUP PT**

Activating your core with every movement. This session combines strength and cardio to give you a whole body workout you will remember the next day.

Kettlebells: **SMALL GROUP PT**

Choose your kettlebell weight and be prepared to be pushed through a series of functional kettlebell strength exercises designed to make you build and define lean muscle.

Team Training: **GROUP/TEAM TRAINING**

A blend of functional training exercises that will move you quickly from station to station activating every major muscle group! Can include a variety of circuit style training, boxing & rep rounds.

Foam Roller & Stretching:

Our FIT45 recovery session. Using foam roller for muscle release and stretching.

