

LEAN

PERFORMANCE

GROUP TRAINING SCHEDULE

MON

5:15AM	HIGH INTENSITY
9:15AM	STR
4:30PM	HIGH INTENSITY
5:30PM	STR
6:30PM	HIGH INTENSITY

TUES

5:15AM	S&C
6:15AM	S&C
9:15AM	S&C
4:30PM	S&C
5:30PM	MOVEMENT
6:30PM	SURFER STRENGTH

WED

5:15AM	STR
9:15AM	STR
4:30PM	HIGH INTENSITY
5:30PM	STR
6:30PM	HIGH INTENSITY

THURS

5:15AM	S&C
6:15AM	S&C
9:15AM	S&C
4:30PM	S&C
5:30PM	MOVEMENT
6:30PM	SURFER STRENGTH

FRI

5:15AM	CONDITIONING
9:15AM	CONDITIONING

SAT

7:00AM	HIGH INTENSITY
8:00AM	STR



2020 PROGRAM

HIGH INTENSITY:

High intensity full body workouts designed to burn calories and improve body composition.

S&C:

A combination of strength and conditioning work designed to scientifically build human performance.

MOVEMENT:

A combination of body weight movements, flexibility and mobility to ensure you feel and move great.

STR:

The focus is to gain strength and improve technique to scientifically build physical performance.

CONDITIONING:

Energy system development to scientifically build physical performance.

SURFER STRENGTH:

A program specific to surfers, building the physical attributes of surfing (please contact before attending this session)

2020 PROGRAM