

### MON

5:00AM	ESD
9:15AM	STR
4:30PM	HIGH INTENSITY
5:30PM	HIGH INTENSITY
6:30PM	SURFER MOVEMENT

### TUES

5:00AM	S&C
5:45AM	S&C
9:15AM	S&C
4:30PM	HIGH INTENSITY
5:30PM	MOVEMENT + S&C
6:30PM	SURFER STRENGTH

### WED

5:00AM	STR
5:45AM	STR
9:15AM	STR
4:30PM	HIGH INTENSITY
5:30PM	HIGH INTENSITY

### THURS

5:00AM	S&C
5:45AM	S&C
9:15AM	S&C
4:30PM	ESD
5:30PM	MOVEMENT + S&C
6:30PM	SURFER STRENGTH

### FRI

5:00AM	TEAM DAY
9:15AM	ESD

### SAT

6:00AM	STR UPPER BODY
7:00AM	HIGH INTENSITY



# 2020 PROGRAM

### ESD:

Energy system development is designed to upgrade your fitness levels. It ain't going to be easy but it works.

During this session we will use equipment such as bike ergs, ski ergs, rowers, assault bikes or running.

### HIGH INTENSITY:

Full body workouts designed to burn calories and improve body composition.

During this session we will use equipment such as dumbbells, kettle bells, slam balls, sleds and conditioning equipment.

### S&C:

We run a full strength and conditioning program designed to improve your physical performance. This is not exercising this is training for a purpose.

During this session we will use equipment such as barbells, dumbbells and conditioning equipment.

### STR:

The focus is to gain strength whilst following a great program and using correct technique.

During this session we will use equipment such as barbells, dumbbells, sleds and bands.

### TEAM DAY:

Grab your buddy and jump into Friday Team Day workout.

Test yourself, level up and train with good vibes only.

During this session we will use equipment such as conditioning equipment, kettle bells and dumbbells.

### MOVEMENT:

A combination of mobility, flexibility and body weight strength exercises to ensure you move with minimal restrictions.

### SURFER STRENGTH:

A program specific to surfers which focuses on the physical attributes of the sport. The goal is to make you a more athletic surfer, less likely to get injured and more likely to catch more waves.

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