

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.

METABOLIC CONDITIONING

Full body workouts designed to take your training to the next level, improve body composition and burn calories.

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.

LEAN

PERFORMANCE

GROUP TRAINING SCHEDULE

MON

| | |
|--------|-----------------|
| 5:00AM | ESD |
| 6:30AM | ESD |
| 9:15AM | STR |
| 4:30PM | MET CON |
| 5:30PM | MET CON |
| 6:30PM | SURFER STRENGTH |

TUES

| | |
|--------|-----------------|
| 5:00AM | S&C |
| 5:45AM | S&C |
| 6:30AM | S&C |
| 9:15AM | S&C |
| 4:30PM | MET CON |
| 5:30PM | MOVEMENT + S&C |
| 6:30PM | SURFER STRENGTH |

WED

| | |
|--------|---------|
| 5:00AM | STR |
| 5:45AM | STR |
| 6:30AM | STR |
| 9:15AM | STR |
| 4:30PM | MET CON |
| 5:30PM | MET CON |

THURS

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

FRI

| | |
|--------|----------|
| 5:00AM | TEAM DAY |
| 6:30AM | ESD |
| 9:15AM | ESD |

SAT

| | |
|--------|---------|
| 6:00AM | STR |
| 7:00AM | MET CON |



2021 PROGRAM