

LEAN

PERFORMANCE

GROUP TRAINING SCHEDULE

MON

5:00AM	MET CON
5:45AM	FSP
6:30AM	STR
9:15AM	STR
4:30PM	MET CON
6:30PM	SURFER STRENGTH

TUES

5:00AM	S&C
6:30AM	S&C
7:30AM	S&C
9:15AM	S&C
3:45PM	YOUTH
4:30PM	MET CON
5:30PM	S&C + MOVEMENT
6:30PM	SURFER STRENGTH

WED

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

THURS

5:00AM	S&C
6:30AM	S&C
7:30AM	S&C
9:15AM	S&C
3:45PM	YOUTH
4:30PM	MET CON
5:30PM	S&C + MOVEMENT
6:30PM	SURFER STRENGTH

FRI

5:00AM	TEAM DAY
5:45AM	FSP
6:30AM	MET CON
9:15AM	MET CON

SAT

6:00AM	STR
7:00AM	MET CON



2022 PROGRAM

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.

FEMALE STRENGTH PROGRAM:

A strength and conditioning program for females only designed to increase your physical performance and body composition.

During these sessions you will use equipment such as mini bands, barbells, dumbbells and conditioning equipment.

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.

YOUTH:

Teaching youth athletes the fundamentals of training, providing a pathway to maximise their future athletic potential.

During these sessions you will use equipment such as mini bands, powerbands, body weight and dumbbells.