



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 CrossFit	5:30-6:30 CrossFit	5:30-6:30 CrossFit	5:30-6:30 CrossFit	5:30-6:30 CrossFit	
6:30-7:00 Intro to CrossFit Teaching the basics of CrossFit movements		6:30-7:00 Intro to CrossFit Teaching the basics of CrossFit movements			10:00-11:00 CrossFit
12:00-1:00 CrossFit	12:00-1:00 CrossFit	12:00-1:00 CrossFit	12:00-1:00 CrossFit	12:00-1:00 CrossFit	11:00-12:00 Power Crew Powerlifting: Deadlift
3:00-4:00 Power Crew Powerlifting: Squat		3:00-4:00 Power Crew Powerlifting: Bench		3:00-4:00 Power Crew Powerlifting: Deadlift	12:00-1:30 Strongman Team Training
5:00-6:00 CrossFit	5:00-5:30 Mobility Thirty minutes geared towards improving range of motion and movement quality	5:00-6:00 CrossFit	5:00-5:30 Mobility Thirty minutes geared towards improving range of motion and movement quality		
	5:30-6:00 METCON Thirty minutes of metabolic conditioning to speed up the fat loss process		5:30-6:00 METCON Thirty minutes of metabolic conditioning to speed up the fat loss process	5:30-6:30 CrossFit	
	5:30-6:00pm Intro to CrossFit Teaching the basics of CrossFit movements		5:30-6:00pm Intro to CrossFit Teaching the basics of CrossFit movements		
6:00-7:00 CrossFit	6:00-7:00 CrossFit	6:00-7:00 CrossFit	6:00-7:00 CrossFit		
7:00-7:30 METCON Thirty minutes of metabolic conditioning to speed up the fat loss process		7:00-7:30 METCON Thirty minutes of metabolic conditioning to speed up the fat loss process			
7:30-8:30 Power Crew Powerlifting: Squat	7:00-8:30 Strongman Team Training	7:30-8:30 Power Crew Powerlifting: Bench	7:00-8:30 Strongman Team Training		