

TEAM TRAINING

Effective February 1 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
morning	TEAM kettlebells 6:00am	TEAM CROSSTRAIN 5:30am TEAM F.I.T. 8:30am		TEAM CROSSTRAIN 6:00am TEAM kettlebells 8:30am		TEAM CROSSTRAIN 9:00am
	TEAM CROSSTRAIN 9:30am		TEAM kettlebells 9:30am		TEAM CROSSTRAIN 9:30am	
afternoon/ evening		TEAM F.I.T. 5:00pm		TEAM kettlebells 5:00pm		
	TEAM kettlebells 5:30pm	TEAM CROSSTRAIN 6:00pm		TEAM F.I.T. 6:00pm		

TEAM CROSSTRAIN

Take your workout beyond the limitations of conventional training while improving core strength, balance and overall fitness using functional exercises, kettle bells, ropes, medicine balls, resistance training and plyometrics with bouts of cardio intervals to train your total body, but at a pace you can handle. You'll work together with team members to push yourself further than you've ever been, while improving weight loss and body tone.

TEAM F.I.T.

The Functional Integrated Training workout features the latest development in fitness: Functional Exercise. Take your workout beyond the limitations of conventional weight training and quickly improve flexibility, core strength, balance, and overall power using kettlebells, ropes, resistance bands, sandbags, medicine balls, and floor work using your own body weight for resistance. This program focuses on building a body capable of doing real-life activities in real-life positions all while drastically improving weight loss and body tone.

TEAM kettlebells

Fat-burning kettlebell training uses modern-day functional exercise with inspiration from early 19th century weights. Kettlebells (a cast iron weight resembling a cannonball with a handle) produce power within the core body muscles. Hip, back, buttocks, and thigh muscle strength increases, as well as flexibility, endurance and lung capacity. The basic movements, such as the swing, snatch, and the clean and jerk, engage the entire body at once, and in a way that mimics real world activities. We recommend that you wear wristbands for additional support.