



Advanced Spinal Fitness Group Personal Training Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00 Strength	9:00 Conditioning	9:00 Conditioning	9:00 Strength	
5:30 Conditioning	5:30 Strength	5:30 Conditioning	5:30 Strength	

Strength: This is a full body strength workout. Strength training builds physical strength and helps reduce the risk of injury. In the hierarchy of training, nothing will get you leaner faster than strength training. Make strength training your first priority. Try for 1-2 strength workouts per week.

Conditioning: Conditioning is our version of an interval style cardio workout. They burn calories, get your metabolism revving, and give you the cardiovascular benefits you are looking for. Research has shown that interval cardio training to be the most effective for fat loss. We use tools such as kettlebells, resistance bands, suspension tools, medicine balls, ropes, and your own bodyweight in multiple planes of motion so you have fun and burn fat.