

WEIGHT TRAINING

	SUN	MON	TUE	WED	THU	FRI	SAT
6 ⁰⁰ _{am}			Functional Training		Functional Training		
9 ⁰⁰ _{am}							Mobility & Strength
4 ⁰⁰ _{pm}		Mobility & Strength	Mobility & Strength	Mobility & Strength	Mobility & Strength	Mobility & Strength	
5 ³⁰ _{pm}		Mobility & Strength	Mobility & Strength	Mobility & Strength		Mobility & Strength	