



# Month One

## TRAINING GOAL - GET LEAN AND BUILD STAMINA

### LOWER BODY STRENGTH

An intensive lower body strength-based workout designed to improve muscular endurance and tone using a combination of high repetition weight training and body weight exercises in either a circuit-based (e.g. Tabata) or traditional straight-set training format. Core stability or energy system work (e.g. interval training) will complement the session.

### UPPER BODY STRENGTH

An intensive upper body strength-based workout designed to improve muscular endurance and tone using a combination of high repetition weight training and body weight exercises in either a circuit-based (e.g. Tabata) or traditional straight-set training format. Core stability or energy system work (e.g. interval training) will complement the session.

### CARDIO AND CORE

Get leaner and improve your aerobic capacity and overall stamina this training phase by doing a combination of interval training and more steady-state/continuous aerobic exercise using a variety of exercise modalities (e.g. running, biking, rowing, skipping, track and stair workouts). As core stability is key to a healthy back, good overall movement mechanics and injury prevention, the session will also focus strongly on this training.

### TRAINING RECOMMENDATIONS

To maximize training benefits, attend 2 Upper Body and 2 Lower Body Strength Classes/week. Adaptations to resistance-based training (e.g. weight training) take place more readily when you exercise each body part twice per week.

- **NOTE:** Please ensure that you rest for 48-72 hours between the same type of workouts to allow your muscles to recover and respond appropriately to the training.
- See Mind-Body for updated class schedules and class information.

Attend at least 2 Cardio and Core classes/week, or consider steady-state aerobic exercise (e.g. continuous cycling, jogging, rowing at a moderate pace for 30+ minutes/session) at least twice per week post-Strength classes or on non-class days to support your cardiovascular fitness, general recovery and overall wellness.

Strictly follow the guidelines provided by our Fitness Consultants as to sets, reps, tempo and rest, and how to progress your program so you improve as desired!

- Key exercises will be repeated regularly so you achieve a more pronounced training effect.
- Progress will be measured so you can appreciate the fruits of your workouts! Push yourselves each session to ensure you are progressively overloading your muscles and making gains. Fitness testing will take place to measure your progress and help you see the fruits of your hard work.



**PERFORMANCE  
TRAINING CENTRE**

POWERED BY

**UNDER ARMOUR**



# Month Two

## TRAINING GOAL - BUILD STRENGTH AND GRIT

### LOWER BODY STRENGTH

An intensive lower body resistance training workout designed to support muscle development (hypertrophy) and develop strength. Core stability or energy system work (e.g. interval training) will complement the session.

### UPPER BODY STRENGTH

An intensive upper body resistance training workout designed to support muscle development (hypertrophy) and develop strength. Core stability or energy system work (e.g. interval training) will complement the session.

### CARDIO AND CORE

Improve your aerobic capacity and tolerance to higher intensity exercise (e.g. lactate tolerance) this training phase by participating in sessions of steady-state/continuous aerobic exercise or interval training using a variety of exercise modalities (e.g. running, biking, rowing, skipping, track and stair workouts). As core stability is key to a healthy back, good overall movement mechanics and injury prevention, the session will also focus strongly on this training.

### TRAINING RECOMMENDATIONS

To maximize training benefits, attend 2 Upper Body and 2 Lower Body Strength Classes/week. Adaptations to resistance-based training (e.g. weight training) take place more readily when you exercise each body part twice per week.

- **NOTE:** Please ensure that you rest for 48-72 hours between the same type of workouts to allow your muscles to recover and respond appropriately to the training.
- See Mind-Body for updated class schedules and class information.

Attend at least 2 Cardio and Core classes/week, or consider steady-state aerobic exercise (e.g. continuous cycling, jogging, rowing at a moderate pace for 30+ minutes/session) at least twice per week post-Strength classes or on non-class days to support your cardiovascular fitness, general recovery and overall wellness.

Strictly follow the guidelines provided by our Fitness Consultants as to sets, reps, tempo and rest, and how to progress your program so you improve as desired!

- Key exercises will be repeated regularly so you achieve a more pronounced training effect.
- Progress will be measured so you can appreciate the fruits of your workouts! Push yourselves each session to ensure you are progressively overloading your muscles and making gains. Fitness testing will take place to measure your progress and help you see the fruits of your hard work.



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# Month Three

## TRAINING GOAL - MAXIMIZE STRENGTH AND GET FAST

### LOWER BODY STRENGTH

An intensive lower body resistance training workout designed to maximize strength and develop power. Core stability or energy system work (e.g. interval training) will complement the session.

### UPPER BODY STRENGTH

An intensive upper body resistance training workout designed to maximize strength and develop power. Core stability or energy system work (e.g. interval training) will complement the session.

### CARDIO AND CORE

Improve your aerobic capacity and develop both speed endurance and pure speed this training phase by participating in sessions of steady-state/continuous aerobic exercise, or interval training sessions using a variety of exercise modalities (e.g. running, biking, rowing, skipping, track and stair workouts). As core stability is key to a healthy back, good overall movement mechanics and injury prevention, the session will also focus strongly on this training.

### TRAINING RECOMMENDATIONS

To maximize training benefits, attend 2 Upper Body and 2 Lower Body Strength Classes/week. Adaptations to resistance-based training (e.g. weight training) take place more readily when you exercise each body part twice per week.

- **NOTE:** Please ensure that you rest for 48-72 hours between the same type of workouts to allow your muscles to recover and respond appropriately to the training.
- See Mind-Body for updated class schedules and class information.

Attend at least 2 Cardio and Core classes/week, or consider steady-state aerobic exercise (e.g. continuous cycling, jogging, rowing at a moderate pace for 30+ minutes/session) at least twice per week post-Strength classes or on non-class days to support your cardiovascular fitness, general recovery and overall wellness.

Strictly follow the guidelines provided by our Fitness Consultants as to sets, reps, tempo and rest, and how to progress your program so you improve as desired!

- Key exercises will be repeated regularly so you achieve a more pronounced training effect.
- Progress will be measured so you can appreciate the fruits of your workouts! Push yourselves each session to ensure you are progressively overloading your muscles and making gains. Fitness testing will take place to measure your progress and help you see the fruits of your hard work.



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