



May 2012 Mt. Laurel Training Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Legs, Shoulders, Bicep	Chest, Back Triceps	Back, Chest, Triceps	Shoulders, Legs, Bicep	Request Body Parts	Request Body Parts	Request Body Parts
6:00-7:15 Cross-training Coach Becky		6:00-7:15 Cross-training Coach Nancy		6:00-7:15 Cross-training Coach Becky	8:30-9:45 Cross-training Mackie/Becky	
	9:30-10:45 Cross-training Coach Denise	9:30-10:45 Cross-training Coach Nancy	9:30-10:45 Cross-training Coach Denise		10:00-11:15 Cross-training Mackie/Becky	
4:30-5:45 Cross-training Coach Gavin		4:30-5:45 Cross-training Coach Gavin		4:30-5:45 Cross-training Coach Denise		
6:00-7:15 Cross-training Coach Gavin	5:30-6:45 Cross-training B Coach Becky	6:00-7:15 Cross-training Coach Gavin	5:30-6:45 Cross-training B Coach Mackie	Training Phase: Strength & Conditioning <ul style="list-style-type: none"> Higher Intensity Shorter Intervals Stable, Steady, Max Strength Exercises Moderate Repetitions with High Volume 		
	7:00-8:15 Cross-training Coach Becky		7:00-8:15 Cross-training Coach Mackie			

MEMBER INFORMATION

www.fusioncrosstraining.com

3 Hovtech Blvd (inside Future Fitness) Mt Laurel, NJ 08054 (856) 778-5900

Set up appointment for Free Trial and Consultation by contacting gavin@fusioncrosstraining.com, 267-337-4365

CROSS-TRAINING DESCRIPTION

Our trademark 75 minute complete fitness workout includes:

- 30 min Cardio Intervals (run/spin)
- 30 min Resistance Training (weights/bands/bodyweight)
- 15 min Yoga Stretch and Relaxation

Cross-training B "Muscle Builder" is a variation on our format:

15 min Cardio, 45 min Resistance Training, 15 min Yoga Stretch

NUTRITION SERVICES

- Eating Assessment
- Custom Menu Plans
- Jump Start Cleanse
- 1-on-1 Nutrition Coaching

Contact: Mackie.root@feedyourpower.com

PROGRAM GOALS

By working the program you will:

- Burn Fat
- Build Strength
- Get Fit