



## TRAINING CENTER I

### ~Tribe Team Training Season 7~ Free Trial Week 11/2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY SUNDAY
5:45am		 Melissa			 Melissa	
7:00am			 Shaun		 Shaun	 Melissa
9:00am		 Chelsea		 Chelsea		
10:30am			 Shaun		 Shaun	
4:30pm		 Melissa				
5:30pm		 Chelsea		 Chelsea		



**Duration** = 50 mins

**Workout** = Medium intensity/Low impact

**Results** = Improves total body strength, fitness and toning.



**Duration** = 50 mins

**Workout** = Low impact/functional

**Results** = Improves core function strength, stability and power.