



## MASK ON / MASK OFF SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM MP[PERFORM] 	6:30AM MP[POWER] 	6:30AM MP[LIFT] (LOWER) 	6:30AM MP[SWEAT] 	6:30AM MP[LIFT] (UPPER) 	9:00AM MP[LIFT] 	9:00AM MP[LIFT] 
12:00PM MP[PERFORM] 	12 - 1 PM MP[POWER] 	12 - 1 PM MP[LIFT] (LOWER) 	12:00PM MP[SWEAT] 	12:00PM MP[LIFT] (UPPER) 	10:15AM MP[SWEAT] (45-MINS) 	10:15AM MP[SWEAT] (45-MINS) 
5:00PM MP[LIFT] (UPPER) 	5:00PM MP[PERFORM] 	5:00PM MP[LIFT] (LOWER) 	5:00PM MP[SWEAT] 	5:00PM MP[PERFORM] 	11:15AM MP[PERFORM] 	11:30AM MP[FUSION] (90 MINS) 
6:15PM MP[PERFORM] 	6:15PM MP[LIFT] 	6:15PM MP[POWER] 	6:15PM MP[PERFORM] 	6:15PM MP[LIFT] 		
7:30PM MP[PERFORM] 	7:30PM MP[LIFT] 	7:30PM MP[POWER] 	7:30PM MP[PERFORM] 			

**Metabolic Conditioning**

This involves a very high work rate, using exercises designed to burn more calories during your workout and maximize calories burned after your workout.

**Strength Training**

This improves muscular strength by gradually increasing the ability to resist force through the use of free weights, machines, or the person's own body weight.

**Functional Training**

This helps the body develop strength, stability, power, mobility, endurance, and flexibility. This allows individuals to perform the activities of daily life more easily and without injuries.