



3617 W. 133rd * Leawood, KS 66209

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www.Infinite-Fitness.com

Workout Schedule - September/October 2010

	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
	Push	Pull	Core	Push	Pull	Challenge	Burnout
AM	6:00	6:00	6:00	6:00	6:00		
	7:00	7:00	7:00	7:00	7:00	7:00	
	8:00	8:00	8:00	8:00	8:00	8:00 (1.5 hour)	8:00
	9:00	9:00	9:00	9:00	9:00	9:30 (1.5 hour)	9:00
	10:00	10:00	10:00	10:00	10:00		10:00
PM	1:30	1:30	1:30	1:30	1:30		
	4:30	4:30	4:30	4:30	4:30		
	5:30	5:30	5:30	5:30			

The American College of Sports Medicine recommends that you exercise at least 3-5 days per week to achieve and maintain cardiovascular and muscular fitness.

<i>Programs</i>	Push	Pull	Core	Push	Pull	Challenge	Burnout
Cardio	(1) 10 min	(1) 10 min	(1) 10 min	(1) 10 min	(1) 10 min	(1) 10 min	(1) 10 min
Weights	(12) 2-1 min	(12) 2-1 min	(16) 1 min	(12) 3-30 second	(12) 3-30 second	(13) 4-45 sec	(10) 1 min/30 sec
Cardio	(3) 5 min	(3) 5 min	(8) 2 min	(4) 3 min	(4) 3 min	(13) 2 min	(10) 2 min
	<i>Stretch</i>	<i>Stretch</i>	<i>Stretch</i>	<i>Stretch</i>	<i>Stretch</i>	<i>Stretch</i>	<i>Stretch</i>

Please sign up in advance for classes so we can schedule trainers appropriately for each class!