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Week 1: commencing 02 April

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SYDNEY PARK	Barbell Strength & Conditioning  Barbell Strength & Conditioning 			Challenge Yourself  Challenge Yourself 	Cardio Boxing 	

Week 2: commencing 09 April

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SYDNEY PARK	Medicine Ball Mayhem  Medicine Ball Mayhem 		Power Ropes  Power Ropes 	Circuit Combo  Moving Circuit 	Box with Power 	

Week 3: commencing 16 April

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SYDNEY PARK	Dumbbell Strength & Conditioning  Dumbbell Strength & Conditioning 	Sprints  Sprints 	Dumbbell High Intensity  Dumbbell High Intensity 	Moving Circuit  Moving Circuit 	Cardio Boxing 	

Week 4: commencing 23 April

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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SYDNEY PARK


Kettlebell
Strength &
Conditioning




Kettlebell
Strength &
Conditioning



Interval Based
Running



Interval Based
Running




Challenge
Yourself




No Session

Tough Enough?



Tough Enough?



Power Punch




High Intensity Interval
Training (HIIT)



Strength



Strength



Strength



Strength



Wall Balls



Cardio



Strength Cardio Mix



Mind-Body-Remedial



Sydney Park Car Park of Sydney Park, southern side of the Car Park

MAP

Sessions

NAME	DESCRIPTION
Barbell Strength & Conditioning	
Box with Power	Punch away any stresses with a muscle burning lung busting boxing sesh
Cardio Boxing	Punch away any stresses with a muscle burning lung busting boxing sesh
Challenge Yourself	Check your progress with our regular body weight challenge
Circuit Combo	A combo of strength and cardio stations to get you lean amongst the green
Dumbbell High Intensity	
Dumbbell Strength & Conditioning	
Interval Based Running	Take your running to the next level with intervals. Run hard, rest hard, repeat ;-)
Kettlebell Strength & Conditioning	

NAME	DESCRIPTION
Medicine Ball Mayhem	Build and tone your muscles using medballs for total body conditioning
Moving Circuit	Moving circuit uses natural obstacles for a combo cardio and strength session
No Session	Day off - rest, relax, recover, return
Power Punch	Punch like a heavy weight to build power and endurance.
Power Ropes	Take on battling ropes for short intense intervals to build speed, power and burn massive calcs
Sprints	Fire up your metabolism with short sharp sprint running drills
Tough Enough?	Get ready for a tough taste of body weight training that will challenge you physically and mentally.

