

## Welcome Program Schedule

Group Session: Monday 7:00pm

Individual Sessions Sign up Tuesdays and Wednesdays 9:00- 3:00

Date	Topic / Workout
May 2, 2022	Welcome! Overview and Foundations
May 9, 2022	Weights, Goal Clarification, and Records
May 16, 2022	Progressive loading
May 23, 2022	Upper Body workout I
May 30, 2022	No Live meeting
June 6, 2022	Push and Pull
June 13, 2022	Form Check
June 20, 2022	Lower Body Workout I
June 27, 2022	Recovery
July 4, 2022	No Live Meeting- Protein, Carbs, Fats
July 11, 2022	Upper Body Workout II
July 25, 2022	Lower Body Workout II
August 1, 2022	Intensity and Cadence
August 8, 2022	Range of motion
August 15, 2022	Agility (Lateral movements)
August 22, 2022	Rotations, Flexion and Extension
August 29, 2022	Flexibility
September 5, 2022	No Live Meeting- Fat Loss
September 12, 2022	Endurance
September 19, 2022	Strength
September 26, 2022	Hypertrophy
October 3, 2022	Full Body Workout