



## XTREMEROW SCHEDULE

<b>Monday</b>	<b>Class</b>	<b>Instructor</b>
5:00 AM – 5:45 AM	XR Strength	Brandon High
5:30 PM – 6:15 PM	XR HIIT	Brandon High

<b>Tuesday</b>	<b>Class</b>	<b>Instructor</b>
5:00 AM – 5:45 AM	XR HIIT	Brandon High
5:30 PM – 6:15 PM	XR Strength	Brandon High

<b>Wednesday</b>	<b>Class</b>	<b>Instructor</b>
5:00 AM – 5:45 AM	XR Strength	Brandon High
5:30 PM – 6:15 PM	XR HIIT	Brandon High

<b>Thursday</b>	<b>Class</b>	<b>Instructor</b>
5:00 AM – 5:45 AM	XR HIIT	Brandon High
5:30 PM – 6:15 PM	XR Strength	Brandon High

<b>Friday</b>	<b>Class</b>	<b>Instructor</b>
5:00 AM – 5:45 AM	XR Strength	Brandon High

<b>Saturday</b>	<b>Class</b>	<b>Instructor</b>
7:00 AM – 8:00 AM	XR HIIT	Brandon High

# CLASS DESCRIPTIONS

**XR STRENGTH-** XR Strength is our featured training option, and is designed to get you strong, burn fat, build lean muscle, and make you look and feel great! We follow a Daily Undulating training model, getting you under the barbell often, and utilizing many other great tools in training.

Each session will include mobility work and a series of strength exercises scaled to your ability level. We will lift heavy, increase your heart rate, and have you performing at your highest ability level.

**XR HIIT-** Our Signature Rowing session combines high intensity rowing intervals with metabolic strength training circuits utilizing body weight, suspension training, db's, kb's, med balls, and barbells! In just 45 minutes, participants will build lean muscle while burning upwards of 700 calories, not including the afterburn. This is the perfect weekly compliment to XR Strength.

**XR ENDURANCE** - This 35-minute workout is all about long duration Rowing. It includes a warm-up and long duration intervals on the Erg, helping to build more aerobic power and capacity. A great way for trainees to get more practice time on the Rower and a great supplement to Training For Warriors and XR HIIT!

No. 624

WAKE UP. DOMINATE.  
SLEEP REPEAT