

EXOS Personal Training Course

- **8:00-8:30** Welcome / Introductions
- **8:30-9:45** **Lecture:** EXOS Methodology: Performance Code (part 1)
- **9:45-10:00** Break
- **10:00-11:30** **Practical:** Lower Body Lifting
- **11:30-12:00** **Practical:** Rotational Strength
- **12:00-1:00** Lunch
- **1:00-2:30** **Practical:** Upper Body Lifting
- **2:30-2:45** Break
- **2:45-3:45** **Lecture:** EXOS Methodology: Performance Code (part 2)
- **3:45-5:00** **Practical:** Training Session

-schedule subject to change-