

# AGENDA

## TRX Functional Training Course

Section	Start Time	Duration
Introduction and Goals	9:00am	25 minutes
Baseline Workout	9:25am	40 minutes
Break	10:05am	5 minutes
Plank	10:10am	30 minutes
Plank Circuit	10:40am	30 minutes
Push	11:10am	25 minutes
Pull	11:35am	25 minutes
Push / Pull Circuit	12:00pm	30 minutes
Lunch	12:30pm	45 minutes
Trainer Resources	1:15pm	10 minutes
Rotate	1:25pm	25 minutes
Rotate Circuit	1:50pm	30 minutes
Hinge	2:20pm	25 minutes
Squat	2:45pm	25 minutes
Break	3:10pm	5 minutes
Hinge / Squat Circuit	3:15pm	30 minutes
Lunge	3:45pm	25 minutes
MacGyver Challenge	4:10pm	40 minutes
Wrap Up	4:50pm	10 minutes

Course Duration: Approximately 8 hours