

| <b>NOFFS</b> |  |  |   |   |   |
|--------------|--|--|---|---|---|
| TIME         | MON  | TUES   | WED   | THURS   | FRI   |
| 0800         | INTRODUCTION TO NOFFS, EXOS, and THE METHODOLOGY (Lecture) | MOVEMENT PREP (Lecture)                          | REGENERATION (Lecture)                          | ESD (Lecture)   | MANAGING ACHES AND PAINS (Workshop)               |
| 0830         |  |  |   |   |   |
| 0900         | PILLAR PREP (Lecture)                                      | MOVEMENT PREP (Workshop)                         | LOWER PUSH/PULL (Workshop)                      | UPPER PUSH/PULL (Workshop)                            | TRAINING THE ROTATIONAL PLANE (Workshop)          |
| 0930         |  |  |   |   |   |
| 1000         | BREAK  | BREAK  | BREAK   | BREAK   | BREAK   |
| 1030         | PILLAR PREP (Workshop)                                     | TRAINING SESSION (SUB SERIES - 1.L.B w/ Regen)   | TRAINING SESSION (GROUP TRAINING SERIES 2.L.TB) | TRAINING SESSION (LARGE DECK SERIES - 3.L.A.w/ Regen) | TRAINING SESSION (SANDBAG SERIES - 1.L.A w/Regen) |
| 1100         |  |  |   |   |   |
| 1130         | INTRO TO WORKOUTS  |  |   |   |   |
| 1200         | LUNCH  |  |   |   |   |
| 1230         |  |  |   |   |   |
| 1300         | FOUNDATIONAL NUTRITION (Lecture)                           | STRENGTH DESIGN (Lecture)                        | MEAL BUILDER (Workshop)                         | COMMON COMPENSATIONS (Lecture)                        | PUTTING IT ALL TOGETHER                           |
| 1330         |  |  |   |   |   |
| 1400         | INTRO TO WORKOUTS  |  | PARTNER COACHING SESSION (FOCUS ON PP,MP)       | PARTNER COACHING SESSION (FOCUS ON STRENGTH)          | EXAM  |
| 1430         | BREAK  | TRAINING SESSION (SURFACE SHIP - 1.M.B w/ Regen) |   |   |   |
| 1500         | TRAINING SESSION (LARGE DECK SERIES - 1.L.A.w/ Regen)      |  | REGEN SESSION (Group)                           | TRAINING SESSION (SURFACE SHIP - 3.M.B w/ Regen)      |   |
| 1530         |  |  |   |   |   |
| 1600         |  |  |   |   |   |
| 1630         | Q&A  | Q&A  | Q&A   | Q&A   | FINAL Q&A   |

Schedule Subject to Change



PRESENTED BY

