

Single Day NOFFS Agenda

0800 - 0830: Introduction to NOFFS and Card Series

0830 - 0915: Pillar Prep level 1, 2, & 3 Coaching and Movement Instruction

0915 -1000: Movement Prep levels 1, 2, & 3 Coaching and Movement Instruction

1000- 1015: Break / Q&A

1015 -1145: Strength levels 1, 2, & 3 Fit kit and Full-equipment Coaching and Instruction

1145 - 1300: Lunch

1300 - 1345: Metabolic Circuits

1345 - 1430: Energy Systems Development (coaching and set-up protocol)
Flexibility / Stretching with and without Stretch Strap

1430 - 1445: Break / Q&A

1445 – 1600: Nutrition and Meal Plan Development (Groups)