

June | 2020

Fury Workout

Leanness - Power - Tightness

The Fury workout will work your entire body....back, chest, arms, quads, hamstrings, calves with light – heavy resistance (dumbbells, resistance bands and med balls). **You don't need equipment for this workout however if you do it'll add extra resistance to your workout to develop strength and build lean muscle.**

*Classes start at 6pm

*Strength MIIT intro class 6/1: learn how to properly and effectively lift weights to build strength and lean muscle. We'll discuss strength myths, muscle building plans and more

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	1 st Strength MIIT Intro Class	2 nd What are you most grateful for?	3 rd Hybrid BoxHIIT & Strength MITT	4 th How do you plan to make today better than yesterday?	5 th Fight Friday Workout on your heavy bag or air punches	6 th 100 Jacks 100 squats 100 High knees 100 Crunches
Rest	8 th Warrior Strength Class Full body	9 th If you could change your name what would it be?	10 th Hybrid BoxHIIT & Strength MITT	11 th What animal nature do you most exhibit?	12 th Fight Friday Workout on your heavy bag or air punches	13 th 100 Jacks 100 squats 100 High knees 100 Crunches
Rest	15 th Warrior Strength Class Full body	16 th Where do you see yourself 5 years from now?	17 th Hybrid BoxHIIT & Strength MITT	18 th Are you reaching your goals?	19 th Fight Friday Workout on your heavy bag or air punches	20 th 100 Jacks 100 squats 100 High knees 100 Crunches
Rest	22 nd Warrior Strength Class Full body	23 rd What did you like most about June? What do you want to accomplish in July?	24 th Hybrid BoxHIIT & Strength MITT	25 th Take some time to think about your goals for the rest of the year.	26 th Fight Friday Workout on your heavy bag or air punches	27 th 100 Jacks 100 squats 100 High knees 100 Crunches