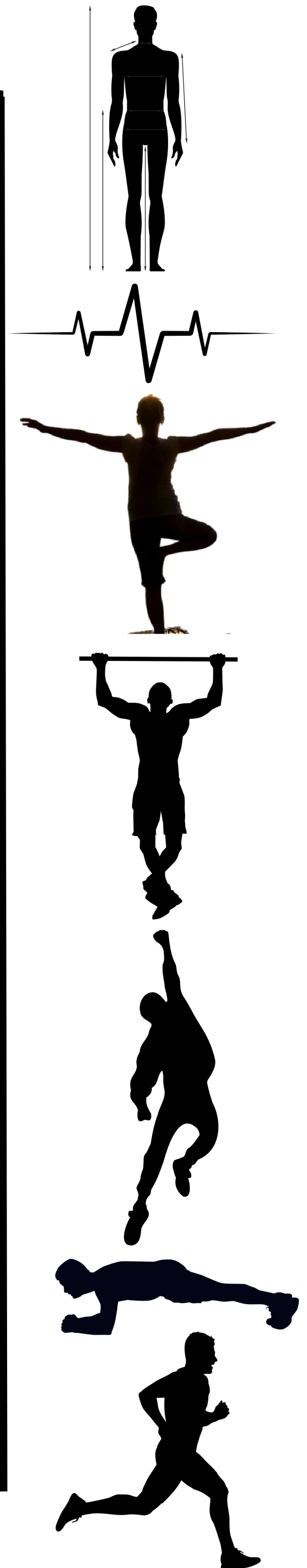


STRATFIT
TRAINING STUDIO

WEEK 0

DAY 1

BASIC BIOMETRICS	AGE
	HEIGHT
	WEIGHT
	STANDING REACH
	RESTING HEART RATE
-ESPRESSO-	
WARM UP	
STABILITY - BALANCE	FLAT FOOT
	STROK
VERTICAL JUMPS	STATIC SQUAT
	DIP
STRENGTH	PULL UP
STABILITY	PLANK
ENDURANCE	HR / RS Index





STRATFIT
TRAINING STUDIO

WEEK 0

DAY 2 (72 Hours Post Day 1)

BIOMETRICS

SKIN FOLD MEASUREMENTS

-ESPRESSO BREAK-

WARM UP

LOWER STRENGTH

SQUAT 5RM TEST

UPPER STRENGTH

BENCH PRESS 5RM TEST

ENDURANCE

VO2 MAXIMUM

