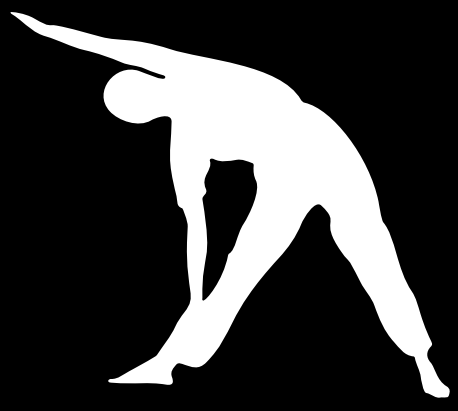


RECONDITIONING PROGRAM



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---|--|--|--|
| 0700-0945 | Reconditioning Session | | | | Friday @ Buell |
| 0800-0845 | Fitness Development FORCE Practice | Fitness Development Balance & Cardio | Fitness Development Strength & Conditioning | Fitness Development SAQ & Interval Training | Fitness Development Mobility & Core |
| 0900-0945 | Stretching | Strength Training | Stretching | Stretching | Recon. Swim |
| 1000-1050 | Monday - Thursday @ Sub Gym 26 Maple Leaf Dr. Bldg. A-296 | | | Hike meet @ Angus front gates | |

