



THE ALASKA CLUB

Fit Ready

Member's Name: _____ Start Date: _____

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Fitness Program Weekly Recommendations:

- 3 to 5 cardio workouts
- 2 to 3 strength workouts
- 2 to 4 flexibility training sessions

Group Fitness at least 2X per week when schedule allows

Expressway 2X per week unless strength training is covered elsewhere in program