



ACTIVE

STRENGTH AND CONDITIONING, LLC

LOSE WEIGHT,
GET LEAN & TONE,
BE HEALTHY & STRONG



MONDAY: EXPLODE

Start your week off right in this lower body emphasis training session where you will use progressive strength exercises and plyometrics to burn the maximum amount of calories possible. Muscles focused: Quads, Hamstrings, Glutes

TUESDAY: PRESS

Train the muscles in your body involved in pushing and pressing movements. Essential to increase your upper body strength and tone your arms and shoulders. Muscles focused: Chest, Shoulders, Triceps

WEDNESDAY: DRIVE

This lower body training session puts emphasis on the back part of your legs, hitting some of the biggest and most important muscles in your body. Muscles focused: Glutes, Hamstrings, Quads

THURSDAY: PULL

Train your muscles involved in the pulling motion, providing perfect balance to your upper body. Muscles focused: Back Muscles, Biceps

FRIDAY: REDLINE

Strap in for this full body conditioning day...ASC style
Muscles focused: Full Body Cardio

SATURDAY: WARRIOR

A gut check full body day meant to be fun and challenging, utilizing unconventional exercises to test your warrior mentality. Muscles focused: Full Body Strength

EVERYDAY: CORE/MOBILITY

The core is the foundation of your body, and we make sure your foundation is as strong as can be.

We want to make sure you recover correctly and remain as athletic as possible.

At the end of each training session we take time stretching and mobilizing your muscles and joints.

MON	TUES	WED	THUR	FRI	SAT
5:00 am	5:00 am	5:00 am	5:00 am	5:00 am	8:00 am
6:15 am	6:15 am	6:15 am	6:15 am	6:15 am	9:15 am
7:30 am	7:30 am	7:30 am	7:30 am	7:30 am	10:30 am
8:45 am	8:45 am	8:45 am	8:45 am	8:45 am	
4:55 pm	4:55 pm	4:55 pm	4:55 pm	4:55 pm	
6:05 pm	6:05 pm	6:05 pm	6:05 pm		
7:10 pm	7:10 pm	7:10 pm	7:10 pm		

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