





























TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM 6:15	 AMPLIFY <small>GET MORE OUT WITH THESE</small>	 AMPLIFY <small>GET MORE OUT WITH THESE</small>	 AMPLIFY <small>GET MORE OUT WITH THESE</small>	 AMPLIFY <small>GET MORE OUT WITH THESE</small>	
AM 7:15					
AM 8:15					
AM 9:00					
PM 5:00					
PM 6:30	 AMPLIFY <small>GET MORE OUT WITH THESE</small>	 AMPLIFY <small>GET MORE OUT WITH THESE</small>	 AMPLIFY <small>GET MORE OUT WITH THESE</small>	 AMPLIFY <small>GET MORE OUT WITH THESE</small>	 AMPLIFY <small>GET MORE OUT WITH THESE</small>
PM 7:45	