



HIGH INTENSITY INTERVAL TRAINING

Q4X Schedule

Effective July 31, 2017

Q4X Fitness Area

	Monday	Tuesday	Wed.	Thursday	Friday
6:00 am		AFTERBURN		INDUSTRIAL	
8:30am	<i>We deliver Results!</i>	AFTERBURN		TRX Suspension Training®	
9:30am	AFTERBURN		INDUSTRIAL		COACH'S CHOICE
10 am		10 am FOUNDATIONS			
noon	COACH'S CHOICE		TRX Suspension Training®		COACH'S CHOICE
5:30pm		FOUNDATIONS		FOUNDATIONS	
6:00pm	AFTERBURN	COACH'S CHOICE	INDUSTRIAL	AFTERBURN	<i>We deliver Results!</i>



	Saturday	Sunday
9:00am	COACH'S CHOICE	
10:00am	FOUNDATIONS	
1:00pm		AFTERBURN



THE WORLD BEST TRAINING SYSTEM.

AFTERBURN Are you ready for something different? Many people strength train with weights, while others do cardio or aerobics - somewhere in between is Afterburn, the ultimate fat loss workout. Some of the tools and techniques may seem new to you, but many have been around for over 100 years! Not only will you burn up to 1,000 calories an hour, but you will continue to burn fat and calories up to 48 hours after your workout is complete.

FOUNDATIONS You can't build a great home without a solid foundation. Likewise, before we begin to build more advanced layers of fitness, you first need to establish proper movement and a base level of conditioning. With a challenging, full-body program, Foundations will ensure that you avoid injury, make progress at your pace and begin the path to success.

INDUSTRIAL STRENGTH Want to get stronger, slimmer and more athletic? I.S. is the solution. Working with heavier loads and fewer reps means more strength without bulk. This program combines old- school tools with modern science to provide you with the fastest path to better strength and conditioning.

COACH'S CHOICE is a unique amalgamation of all of our training modalities. You will know you worked out!

TRX Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.



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