

MET FIT PROGRAM DESCRIPTIONS

Program	Met Fit MOBILITY	Program	Met Fit STRENGTH	Program	Met Fit ENDURANCE
Duration	45 minutes	Duration	50-60 minutes	Duration	50-60 minutes
Workout	Functional Mobility / Dynamic Stability / Low-Impact	Workout	Moderate Intensity / Functional & Dynamic Strength	Workout	High Intensity / Performance-Based / Functional / Dynamic
MyZone	<div style="background-color: #008000; color: white; padding: 2px;">70-79%</div> <div style="background-color: #0000FF; color: white; padding: 2px;">60-69%</div> <div style="background-color: #FFD700; color: black; padding: 2px;">50-59%</div>	MyZone	<div style="background-color: #FFD700; color: black; padding: 2px;">80-89%</div> <div style="background-color: #008000; color: white; padding: 2px;">70-79%</div> <div style="background-color: #0000FF; color: white; padding: 2px;">60-69%</div> <div style="background-color: #FFD700; color: black; padding: 2px;">50-59%</div>	MyZone	<div style="background-color: #FF0000; color: white; padding: 2px;">90-100%</div> <div style="background-color: #FFD700; color: black; padding: 2px;">80-89%</div> <div style="background-color: #008000; color: white; padding: 2px;">70-79%</div> <div style="background-color: #0000FF; color: white; padding: 2px;">60-69%</div> <div style="background-color: #FFD700; color: black; padding: 2px;">50-59%</div>
Description	Get your body moving! Release tension and focus on expanding your body through different movements, leading to greater strength, flexibility, and posture. If you want to improve performance and exercises like squats, pushups, lunges, or pullups, your mobility can help you improve your strength by being able to control your muscles making those movements. That's why everyone can benefit from correct mobility training!	Description	Lift heavier, feel lighter! Channel your inner athlete and improve your strength and aim for a more defined look and feel. Heavy compound lifts along with lighter isolation exercises structurally designed by our trainers will leave feeling stronger and full of energy after it's over. Different techniques of reps, sets, loads, time under tension, rest intervals, and more will keep those muscles burning throughout this power workout!	Description	These high intensity stations consist of bodyweight, dumbbells, kettlebells, battle ropes, sand bags, sand balls, slam balls, TRX, Woodways, rowers, ski ergs, assault bikes, and more! This conditioning program will challenge your grit and determination to push yourself to YOUR limit. The magnitude of equipment available will keep your body and your mind guessing to what comes next! This workout is designed to make you fitter, faster, and stronger for all the high-demands of daily life!

**Utilizing your MyZone band is a great tool to keep track of your effort, calories burned and your intensity levels throughout these programs.