

**“Fitness for everyone” – Crossfit & Cardio week  
Cavo Spada 2019**

	9 Jun 2019	10 Jun 2019	11 Jun 2019	12 Jun 2019	13 Jun 2019	14 Jun 2019
<b>Morning</b>	<b>Introduction + Workout</b>	<b>PowerCross</b>	<b>Mobility + Workout</b>	<b>CrossTraining</b>	<b>Functional Team Workout</b>	<b>CrossTraining Warrior</b>
	A quick introduction of me and what functional training is? After that we do a nice long warmup and a small workout.	A Crossfit inspired workout. A hard semi long workout with low weights but high cardio/pulse. Mainly using your own bodyweight.	Don't you wish you were more flexible? In this class i'll give you pointers and advice how to improve your mobility. After mobility we will do a small workout with high intensity using your improved mobility.	Crossfit inspired workout. Using the existing equipment, we do a workout with a lot of power and weight. Everyone can join, the workout can be scaled to suit your level.	Being in a team and competing against other teams is always fun. Here we are combining the fun of working in teams with a high pulse.	We end this lovely week with a hard but fair workout. Combining everything you have learned, using the last % we have to finish with a big bang!
<b>Afternoon</b>	<b>Mobility</b>	<b>Stretch</b>	<b>Body Weight Fitness</b>	<b>Mobility</b>	<b>Stretch</b>	<b>Body Weight Fitness</b>
	Tips and exercises how to get more mobile. Even after 20 minutes of mobility you will see and feel an increase in your range of motion	Static stretching to loosen up those tight muscles you got yesterday or this morning.	Here we look at exercises where you use your body as a tool. Exercises that you can scale up or down.	Tips and exercises how to get more mobile. Even after 20 minutes of mobility you will see and feel an increase in your range of motion.	Static stretching to loosen up those tight muscles you got yesterday or this morning.	Here we look at exercises where you use your body as a tool. Exercises that you can scale up or down.

*Program is subject to changes. Times will be presented on sports & Activity program in the hotel*

