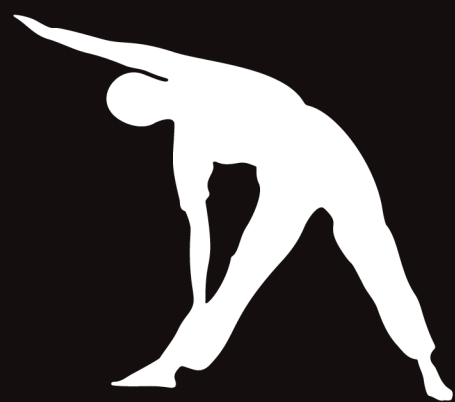


RECONDITIONING PROGRAM



	Monday	Tuesday	Wednesday	Thursday	Friday
0700-0945	Reconditioning Session				Friday @ Buell
0800-0845	Fitness Development FORCE Practice	Fitness Development Balance & Cardio	Fitness Development Strength & Conditioning	Fitness Development SAQ & Interval Training	Fitness Development Mobility & Core
0900-0945	Stretching	Lower Body Workout	Stretching	Upper Body Workout	Stretching
1000-1050	Monday - Thursday @ Sub Gym 26 Maple Leaf Dr. Bldg. A-296			Hike meet @ Angus front gates	
1100-1130			Recon. Swim		

