



## STRENGTH AND TECHNIQUE VIRTUAL SCHEDULE

Time	Class	
12:00 PM	Introduction and Meet the Staffer	DAY 1
12:15 PM	Dynamic warmup	
12:30 PM	Upper body strengthening	
1:00 PM	Recovery break	
1:05 PM	Lower body strengthening	
1:35 PM	Recovery break	
1:45 PM	Jump Training	
2:15 PM	Stunt Technique	
3:00 PM	Closing	