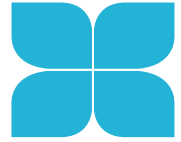


REBOOT – NOVEMBER 2023

MONDAY 20
THE EXERCISE THERAPIST

SAMPLE SCHEDULE



DATE	SESSION	TIME	LOCATION
Monday 20 November	DAY 1: Time trial 3km walk or run.	6am	Cottesloe Beach Meeting at Cottesloe Surf Club
Tuesday 21 November	Enjoy a personalised strength and core session that is all about you.	6am	The Exercise Therapist Cottesloe Medical Cent. 525 Stirling Hwy Cottesloe
Wednesday 22 November	HIIT A strength-based session that rounds out with the most effective dose of high-intensity cardio available.	6am	The Exercise Therapist Cottesloe Medical Cent. 525 Stirling Hwy Cottesloe
Thursday 23 November	COREFORCE Strengthen trunk and glute muscles and boost balance, range of motion and posture whilst reducing lower back pain..	6am	The Exercise Therapist Cottesloe Medical Cent. 525 Stirling Hwy Cottesloe
Friday 24 November	BOXFIT Get fighting fit and full of confidence with a mixture of skill, strength, and cardio	6am	The Exercise Therapist Cottesloe Medical Cent. 525 Stirling Hwy Cottesloe
Saturday 25 November	HIIT CIRCUIT A strength-based session that rounds out with the most effective dose of high-intensity cardio available.	7:30am	The Exercise Therapist Cottesloe Medical Cent. 525 Stirling Hwy Cottesloe
Sunday 26 November	HOT & COLD RESTORATION BEACH SESSION	7am	Leighton Beach
Monday 27 November	FOAM ROLLING Feel long and light with a special mix of stretching and foam rolling techniques.	6am	The Exercise Therapist Cottesloe Medical Cent. 525 Stirling Hwy Cottesloe
Tuesday 28 November	PUTTING IT ALL TOGETHER An outdoor physical challenge and a swim to see how far you have come over the past 10 days. (Bathers and goggles required as well as training gear ie: sneakers and sports gear)	6am	The Indiana Teahouse Boatshed Cottesloe Beach
Wednesday 29 November	DAY 10: Time trial 3km walk or run.	6am	Cottesloe Beach Meeting at Cottesloe Surf Club

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For more information, call (08) 9385 1430 or head to www.theexercisetherapist.com