

LIFE

Lifting • Intervals • Functionality • Endurance

FITNESS TRAINING

At the Nimkee Fitness Center

NEW “Workout of the Day” daily!

- Each day there are workouts created for “Beginners” and for “Competitive Athletes.”
- Bringing great variety and a fun challenge every day!

What does L.I.F.E. stand for?

L Lifting

A variety of lifting and strength exercises will be regularly performed in this class. Whether you can deadlift 400 or 40 pounds this will benefit you by getting stronger for everyday LIFE.

I Intense Intervals

The best conditioning comes through intense intervals with everyone modifying their own intensity. In class we will consistently do interval based training that will prepare you for anything in LIFE.

F Functionality

This class will encompass functional movements (Olympic Based Lifts, Deadlifts, Squats, Overhead Press, Pull-ups, Etc.) and will emphasize ways to improve movement (flexibility and mobility drills) that will improve your daily functionality in LIFE.

E Endurance

Although most workouts will be shorter and intense, this class will incorporate at times longer endurance workouts. Regardless of the length, it will help you physically endure anything in LIFE.

The 5 components to the workouts each day

Warm-up

We do an extensive warm-up that helps you stretch and activate muscles while also begin practicing movements that you will use in the workout.

Strength/Skill “Metcon”

We usually do one to three main strength exercises that you will perform. These movements are typically functional movements that help you get stronger. If we aren't focusing on a direct strength exercise we are working on a functionally based skill movement.

This portion of class is where we work on your conditioning and challenge your body through various ways at a high intensity. We are looking to do a workout as fast as we can or as many times as we can. Our aim here is do things efficiently, quickly, yet remain safe.

Results

This section is where you record your results of the conditioning portion! It's great to see how well you can perform the workouts and see how you do with others pushing you to work harder.

Accessory

Each day at the end of class we spend some time working on flexibility or strengthening important areas that help maintain healthy muscles and joints.



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