















Recommend Use of RBC 4 Series

THE **MOTION** Fitness Studio ROOM

Movement

"I want to gain functional strength to get through my day"

Month 1	 <p>1 - 2 x / wk</p>	 <p>1 x / wk</p>	 <p>1 x / wk</p>	
Month 2	 <p>1 - 2 x / wk</p>	 <p>1 x / wk</p>	 <p>1 x / wk</p>	 <p>1 x / wk</p>
Month 3	 <p>1 - 2 x / wk</p>	 <p>1 x / wk</p>	 <p>1 x / wk</p>	 <p>1 x / wk</p>
Month 4	 <p>2 - 3 x / wk</p>	 <p>1 - 2 x / wk</p>	 <p>1 x / wk</p>	