Active Exec Sample Session

Workout Segment - 45 minutes

Group Coaching/Meditation/Mindfulness Training - 45 minutes

- Warm up - dynamic exercises (10 min.)
- Aerobic/Aerobic Exercise Evolution (Conducted on trail - 25 min.):
  - Jog/walk up trail (continuous)
  - Segment 1 - Combination push-up, squats, leg lifts
  - Segment 2 - Partner wheelbarrow up mild incline
  - Segment 3 - Rock/boulder pick up, squat, overhead throw (20 yards)
  - Segment 4 - Bear Walk down backside of trail (20 yards)
  - Segment 5 - Pull up on tree branch
  - Segment 6 - Partner wheelbarrow down mild incline
  - Segment 7 - Combination push-up, squat, leg lifts
  - Segment 8 - Complete trail
- Cool down (10 min.)
- Group coaching, meditation, mindfulness exercises (45 min.)