



Active Exec Sample Session

Workout Segment - 45 minutes

Group Coaching/Meditation/Mindfulness Training - 45 minutes

- 🏠 Warm up - dynamic exercises (10 min.)
- 🏠 Aerobic/Anaerobic 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.)