



# 3-WEEK SUMMER STRENGTH PROGRAM

with certified trainer, Shadow Rohloff

**AUGUST 13TH-AUGUST 30TH**  
**TUESDAYS, THURSDAYS & FRIDAYS**  
**8:30-9:15AM**

**TUESDAYS- TRICEPS, BICEPS + SHOULDERS**  
**THURSDAYS-LEG DAY**  
**FRIDAYS- CHEST, BACK + CORE**

Cost: (9 sessions)  
RFC members \$50  
Non-Members \$63  
\*Capped at 8 people\*



Increase muscle + gain strength with our 3-week Summer progression strength program led by Certified Trainer, Shadow Rohloff, held in the RFC fitness room. Focus on specific muscle groups, 3 days a week, & work to get stronger with proper form & a large variety of strength exercises. Get comfortable in the weight room with this 6-week program designed to provide accountability, motivation & structure to your strength training routine. We will optimize our workout time by targeting specific muscle groups and increasing reps or weight to build lean muscle in the body.

**CONTACT SHADOW TO SIGN UP BY AUGUST 9TH**  
**OLS07527@MORRIS.UMN.EDU**

