



iRockFitnessErie

2312 W 15TH Street
Erie, PA 16505

(814) 520-8116

www.irockfitnesserie.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	7:00AM
8:15AM	8:00AM	8:15AM	8:00AM	8:15AM	8:15AM
9:30AM	9:30AM	9:30AM	9:30AM	9:30AM	9:30AM
12:00PM		12:00PM		12:00PM	
3:30PM	4:00PM	3:30PM	4:00PM	3:30PM	
5:00PM	5:15PM	5:00PM	5:15PM	5:00PM	
6:15PM	6:30PM	6:15PM	6:30PM		

THE STRAIGHT 60

The iRock Straight 60 is a 3-Round, action-packed workout designed for insane efficiency by focusing on specific body parts and restricting transition time. The straight 60 utilizes only a select few pieces of equipment in each workout- but believe us, it is anything but boring! Supersets, pyramid sets, and progressions are the foundation of the Straight 60 and guaranteed to produce a full body workout like you've never imagined.

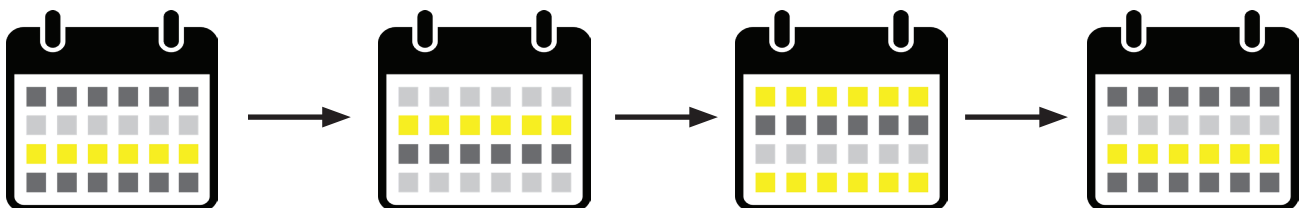
STRAIGHT 60 HALF MIX

A slight twist to the Straight 60 - the half mix pumps a variety of more equipment into a specific line or zone to involve more planes of movement per round. The Half mix delivers just right amount of variation while still keeping solid focus on progressions and muscular overload that you'll be feeling everywhere.

STRAIGHT 60 FULL MIX

The iRock Straight 60 Full Mix is designed to be a no holds barred experience using more equipment for even more variety meaning fast transitions. Choose carefully, this workout is not aimed to pound any specific muscle group but WILL deliver a serious muscular, cardiovascular and neurological blitz launching you deep into orbit.

REVOLVING VARIATION = CONSTANT PROGRESSION



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