



FITNESS MADE FOR YOU

# STANDING ADAPTIVE STRENGTH

WITH LOGAN



PROGRAM · 1 WEEK

## Standing Adaptive Strength

START PROGRAM

Logan invites you to discover your physical and mental strength in this 7-day program. The goal is to strengthen key muscle groups in order to improve quality of life for standing adaptive athletes.

1

week

6

days/week

11

classes

10-25

mins per day



Logan  
Aldridge

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