



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

ANTHONY CUNANAN

WWW.ANTHONYCUNANAN.COM
ANTHONY@ANTHONYCUNANAN.COM