



your
STRONG
challenge

6 - WEEK FITNESS TRACKER		
CARDIO WORKOUT #1 BIKE		
HIIT WORKOUT #1		
UPPER BODY WORKOUT #1		
LOWER BODY WORKOUT #1		
YMCA360 WEEK #1 PLAYLIST		
CARDIO WORKOUT #2 TREADMILL		
HIIT WORKOUT #2		
UPPER BODY WORKOUT #2		
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Complete the fitness test, being sure to record the results from each exercise. Repeat at the end of the six week challenge to see your progress.

DURATION	ACTIVITY	WEEK 1	WEEK 6
60 Sec	Sit ups		
60 Sec	Push ups		
60 Sec	Squats		
60 Sec	Jumping jacks		
Up to 60 seconds	Left/right leg balance hold		
Timed plank	Hold as long as you can		
1 Mile	Run/walk		

Don't forget to sign up for your discounted InBody assessments.

Try to include all five activity types in your plan



CARDIO

Burns calories & promotes heart health



STRENGTH

Builds lean muscle & aids long-term weight loss



CORE

Creates stability for all other exercise



FLEXIBILITY

Reduces chance of injury & improves posture



REST DAYS/ACTIVE REST

Promotes muscle recovery & mental health

WEEKLY WORKOUT GUIDELINES

The CDC recommends 150 minutes of moderate-intensity aerobic activity per week, as well as two days of strength training. Use the suggestions below as a guideline when planning out your own workouts.

CARDIO 1 - 2 days/wk

STRENGTH 1 - 2 days/wk

CORE 1 day/wk

FLEXIBILITY 1 day/wk

REST/ACTIVE REST 1 active rest &
1 full rest day/wk

Name _____

Start Date _____

Fitness Goals

CARDIO | WORKOUT #1 | BIKE

TIME	BIKE SPEED	SETS
5 Min	Warm up (50-70 rpm)	
30 Sec	Hard (90 rpm)	
30 Sec	medium (60 - 80 rpm)	
30 Sec	up resistance each rep	
2 Min	Easy resistance (50-70 rpm)	
15 Sec	Hard (90 rpm)	
15 Sec	medium (60 - 80 rpm)	
	up resistance each rep	
2 Min	Medium (60 - 80 rpm)	
1 Min	Hard (80 rpm)	
2 Min	medium (60 - 80 rpm)	
	up resistance each rep	
5 Min	Cool down	

HIIT | WORKOUT #1

WARM UP	SETS
5 Each side	World's greatest stretch
10	Russian baby makers
5 Each side	Box step-ups
5 Each side	Alternating v-ups
:30 Sec	Line hops
5 MIN	SETS (TARGET: 2 -3 MIN CAP: 4 MIN)
20	Dumb bell box step-ups (box 20" - 24")(rpe 7/10) scaling: lower height or weight
25	Strict sit ups scaling: sit ups or leg raises
50	Single under jump rope scaling: line hops
COOL DOWN	SETS
:60 Sec	Cat cow
:30 Sec per side	Couch stretch
:60 Sec	Calf pulses

Warm-up	Elliptical: at minute 3 - 5 faster pace with moderate resistance			
	BEGINNER	ADVANCED	REPS	SETS
	Chest press machine	Bench press with barbell	10 - 12	
	Lat pull-down machine	Pull-ups	10 - 12	
	Seated row machine	Bent-over rows with dumbbells	10 - 12	
Conditioning	Shoulder press machine	Overhead press with dumbbells	10 - 12	
	Bicep curl machine	Bicep curls with dumbbells	10 - 12	
	Tricep extension machine	Tricep dips	10 - 12	
	Pec deck machine	Dumbbell flyes	10 - 12	
	Abdominal crunch machine	Abdominal crunch with dumbbell	15 - 17	
	Chest stretch: hold for :20 - :30 sec			
Cool down	Triceps stretch: hold for :20 - :30 sec per arm			
	Upper back stretch: hold for :20 - :30 sec			

Warm-up	Elliptical: at minute 3 - 5 faster pace with moderate resistance			<input type="checkbox"/>
Conditioning	BEGINNER	ADVANCED	REPS	SETS
	Leg extension	Leg press machine	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Seated leg curl machine	Glute hyperextension	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Hip adduction machine	Dumbbell sumo squats	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Hip abduction machine	Twisted reverse lunges	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Seated calf machine	Single leg calf raises with dumbbell	15- 17	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Cool down	Standing quad stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>
	Hamstring stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>
	Calf stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>



TIME	SPEED	SETS
5 Min	Walk (2.5 Mph - 4 mph)	□
5 Min	Walk Increase speed by 1 mph & elevation by 1 deg each rep	□□□ □
5 Min	Cool down	□

WARM UP	SET ■
3 Min	Rower
WARM UP	SETS ■ ■ ■
10	Scapular push ups
10	TRX rows
10	Air squats
10	Kettle bell swings
5 Per side	T-spine rotation
6 MIN	SETS ■ ■ ■ ■ ■ (AMRAP: 4 MIN)
20	Kettle bell swings (women: 35 lbs, men: 53 lbs), Scaling: lighter weight or banded kneeling hip extensions
20	Kettle bell golden squats (women: 35 lbs, men: 53 lbs), Scaling: goblet squats with lighter weight or air squats.
Time remaining	Max row 400 - 500 meters per round, scaling: max row
COOL DOWN	SETS ■ ■
:30 Sec per leg	Hamstring stretch
10 Each side	Adductor rocks
:30 Sec per side	Lat stretch

Scaling = Options for adjusting the workout to your body

AMRAP = As many rounds as possible

Warm-up	Rowing: at minute 3 - 5 row at a faster pace			<input type="checkbox"/>
	BEGINNER	ADVANCED	REPS	SETS
Conditioning	Incline chest press machine	Incline bench press with dumbbells	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Assisted pull-up machine	Chin-ups	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Cable row machine	Single-arm dumbbell row	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Smith machine shoulder press	Smith machine shoulder press superset with dumbbell lateral raise	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Low pulley biceps curl	Hammer curls with dumbbells	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Tricep pushdown	Skull crushers with barbell	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Machine chest flye	Decline dumbbell flyes	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Reverse abdominal crunch	Hanging leg raises	15 - 17	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Cool down	Lat stretch: hold for :20 - :30 sec per side		
Bicep stretch: hold for :20 - :30 sec per arm			<input type="checkbox"/>	
Shoulder stretch: hold for :20 - :30 sec per arm			<input type="checkbox"/>	

Warm-up	Rowing: at minute 3 - 5 row at a faster pace			<input type="checkbox"/>
	BEGINNER	ADVANCED	REPS	SETS
Conditioning	TRX squats	Trap bar squats	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Lying leg curl machine	Romanian barbell deadlifts	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Glute kickback machine	Cable glute extension	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	TRX side lunges	Sumo deadlifts	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Calf press on the leg press	Smith calf raises	15- 17	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Standing quad stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>
Cool down	Hamstring stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>
	Calf stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>



YMCA360 | WEEK #2 PLAYLIST

Week 2 Playlist

TIME	ACTIVITY	SETS
5 Min	Warm up	<input type="checkbox"/>
	Increase resistance	
30 Sec	Sprint (<180 spm)	<input type="checkbox"/> <input type="checkbox"/>
30 Sec	Recovery (<100 spm)	<input type="checkbox"/> <input type="checkbox"/>
	Decrease resistance	
2 Min	Easy speed	<input type="checkbox"/>
	Increase resistance	
1 Min	Sprint (<160 spm)	<input type="checkbox"/> <input type="checkbox"/>
2 Min	Recovery (<100 spm)	<input type="checkbox"/>
5 Min	Cool down	<input type="checkbox"/>

WARM UP	SET ■
3 Min	Rower
WARM UP	SETS ■ ■ ■
5	Dumbbell front squat
5	Dumbbell push press
10	Scapular push-ups
10	TRX rows
10	Kettle bell swings
5 MIN	SETS ■ ■ ■ ■ ■ (TARGET: 3 MIN CAP: 4 MIN)
10	Dumbbell thrusters (women: 25 lbs, men: 40 lbs), Scaling: lighter weight
15	Push-ups, scaling: elevated push ups on box or wall
20	TRX rows
25	Kettle bell swings (women: 35 lbs, men: 53 lbs), scaling: lighter weight
COOL DOWN	SETS ■ ■
:60 Sec	Standing hamstring stretch
:30s each	Lat stretch
:60s	Cat cow

Warm-up	Stair climber: at minute 3 – 5 at a faster pace, moderate resistance			<input type="checkbox"/>
	BEGINNER	ADVANCED	REPS	SETS
	Push-ups	Push-up on the bar	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Straight arms pull down	Barbell bent-over rows	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Single arm cable row	Dumbbell row incline	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Conditioning	Machine lateral raises	Barbell row wide upright	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Low pulley biceps curl	Dumbbell Scott single arm curl	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Triceps kickbacks	Overhead triceps extension with dumbbell	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Dumbbell shrugs	Dumbbell shrugs	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Torso rotation machine	Russian twist	15 - 17	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Lat stretch: hold for :20 – :30 sec per side			<input type="checkbox"/>
Cool down	Shoulder stretch: hold for :20 – :30 sec per arm			<input type="checkbox"/>
	Seated forward fold: hold for :20 – :30 sec			<input type="checkbox"/>

Warm-up	Stair climber: at minute 3 - 5 at a faster pace, moderate resistance		<input type="checkbox"/>	
Conditioning	BEGINNER	ADVANCED	REPS	SETS
	Dumbbells squats	Barbell squats	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Hip thrust machine	Dumbbells deadlifts	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Box step-ups	Spot lunges	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Leg adduction machine	Smith sumo squats	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Seated calf machine	Single leg seated calf machine	15- 17	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Cool down	Standing quad stretch: hold for :20 - :30 sec per leg		<input type="checkbox"/>	
	Hamstring stretch: hold for :20 - :30 sec per leg		<input type="checkbox"/>	
	Calf stretch: hold for :20 - :30 sec per leg		<input type="checkbox"/>	



Week 3 Playlist

CARDIO | WORKOUT #4 | TREADMILL HIIT | WORKOUT #4

TIME	ACTIVITY	SETS
5 Min	Warm up (2.5 Mph - 4 mph)	<input type="checkbox"/>
JOG/WALK 2.5 DEGREE INCLINE		
3 Min	(5.5 Mph - 7 mph)	<input type="checkbox"/>
3 Min	Increase speed by 2 mph	<input type="checkbox"/>
3 Min	(5.5 Mph - 7 mph)	<input type="checkbox"/>
3 Min	Increase speed by 2.5 Mph	<input type="checkbox"/>
3 Min	(5.5 Mph - 7 mph)	<input type="checkbox"/>
3 Min	Increase speed by 3 mph	<input type="checkbox"/>
3 Min	(5.5 Mph - 7 mph)	<input type="checkbox"/>
5 Min	(2.5 Mph - 4 mph)	<input type="checkbox"/>

WARM UP	SETS	■
5 Min	Jumping jacks	
1 Min 1 min	Arm circles both directions	
2 Min	Bodyweight squats	
2 Min	High knees	
3 Min	Dynamic stretches (hamstring sweeps, hip openers)	
40 MIN	SETS ■ ■ ■ ■ 1 MIN REST AFTER EACH SET	
:45 Sec :15 sec	Kettle bell swings rest	
:45 Sec :15 sec	Dumbbell thrusters rest	
:45 Sec :15 sec	TRX rows rest	
:45 Sec :15 sec	Medicine ball slams rest	
:45 Sec :15 sec	Plyo box step-ups rest	
:45 Sec :15 sec	Superband lateral walks rest	
:45 Sec :15 sec	Mini band glute bridges rest	
COOL DOWN	SETS	■
3 Min	Light jog/walk	
7 Min	Static stretches (quads, hamstrings, calves, shoulders)	

Warm-up	Stationary bike: at minute 2 - 4 increase resistance slightly and pedal at a moderate pace			<input type="checkbox"/>
	BEGINNER	ADVANCED	REPS	SETS
	Decline push-ups	Pec deck machine superset with push-ups	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Hammer seated row	T-bar row	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Reverse grip lat pull down	Dumbbell pullovers	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Conditioning	Front dumbbell raises	Dumbbell upright row	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Incline dumbbell bicep curl	"21" Barbell curl	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Rope triceps pushdown	Skull crushers with dumbbells	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Barbell shrugs	Barbell shrugs	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Bicycle crunches	Ball plank crunches	15 - 17	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Chest stretch: hold for :20 - :30 sec			<input type="checkbox"/>
Cool down	Triceps stretch: hold for :20 - :30 sec per arm			<input type="checkbox"/>
	Upper back stretch: hold for :20 - :30 sec			<input type="checkbox"/>

Warm-up	Stationary Bike: at minute 2 - 4 increase resistance slightly and pedal at a moderate pace			<input type="checkbox"/>
Conditioning	BEGINNER	ADVANCED	REPS	SETS
	Hack Squats Machine	Front Barbell Squats	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	TRX Lunges	Walk Lunges	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Cable Deadlifts	Dumbbell Single Leg Deadlifts	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Jump Squats	Box Jumps	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Dumbbells Calf Raises	Seated Calf Raises Superset with Smith Calf Raises	15- 17	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Cool down	Standing quad stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>
	Hamstring stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>
	Calf stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>



Week 4 Playlist

YMCA360 | WEEK #4 PLAYLIST

TIME	ACTIVITY	SETS
5 Min	10-15 Strokes per min	<input type="checkbox"/>
15 Min	20-25 Strokes per min	<input type="checkbox"/>
5 Min	25-30 Strokes per min	<input type="checkbox"/>
5 Min	10-15 Strokes per min	<input type="checkbox"/>

WARM UP	SETS ■
2 Min	Arm swings
2 Min	Shoulder taps
2 Min	Arm circles
2 Min	Dynamic chest stretch
2 Min	Dynamic stretches
40 MIN	SETS ■ ■ ■ ■ 1 MIN REST AFTER EACH SET
:45 Sec :15 sec	Kettle bell push press rest
:45 Sec :15 sec	Dumbbell bent over rows rest
:45 Sec :15 sec	TRX push-ups rest
:45 Sec :15 sec	Medicine ball chest passes rest
:45 Sec :15 sec	Superband tricep extensions rest
:45 Sec :15 sec	Mini band lateral raises rest
:45 Sec :15 sec	Plyo box dips rest
COOL DOWN	SETS ■
3 Min	Light jog/walk
7 Min	Static stretches (quads, hamstrings, calves, shoulders)

Warm-up	Treadmill: at minute 3 - 4 light jog (4.5-5.5 Mph)			<input type="checkbox"/>
Conditioning	BEGINNER	ADVANCED	REPS	SETS
	TRX push-ups	Incline bench press	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	TRX pull ups	Hammer lat pull down	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Low pulley bent-over rows	Reverse grip bent-over rows	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Low pulley front raises	Close grip upright row	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Low pulley single arm biceps curl	Single arm preacher curl	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Reverse grip triceps pushdown	Single arm overhead triceps extension	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Ball crunches	Decline abdominal crunch	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Cool down	Lat stretch: hold for :20 - :30 sec each side			<input type="checkbox"/>
	Bicep stretch: hold for :20 - :30 sec per arm			<input type="checkbox"/>
	Shoulder stretch: hold for :20 - :30 sec per arm			<input type="checkbox"/>

LOWER BODY | WORKOUT #5

Warm-up	Treadmill: at minute 2 - 4 increase resistance slightly and pedal at a moderate pace			<input type="checkbox"/>
Conditioning	BEGINNER	ADVANCED	REPS	SETS
	Supported lunges	Bulgarian squats	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Seated single leg curl	Smith deadlifts	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	TRX legs abduction	Lateral band walk	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Single leg glute bridge	Single leg press on the leg press machine	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Calf raises	Hack calf raises	15- 17	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Cool down	Standing quad stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>
	Hamstring stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>
	Calf stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>



Week 5 Playlist

YMCA360 | WEEK #5 PLAYLIST

TIME	ACTIVITY	SETS
5 Min	Easy	□
20 Min	65-75% Max hr	□
5 Min	Easy	□

HOW TO CHECK YOUR HEART RATE

- At the wrist, lightly press the index and middle fingers of one hand on the opposite wrist, just below the base of the thumb.
- At the neck, lightly press the side of the neck, just below your jawbone.
- Count the number of beats in 15 seconds, and multiply by four. That's your heart rate.

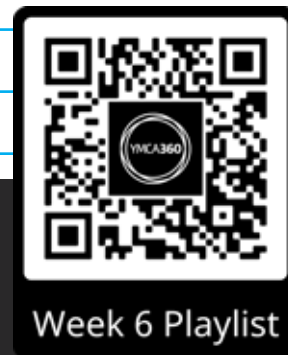
CALCULATING YOUR HEART RATE

- Subtract your age from 220 then multiply by 65% and 75%
- $((220 - \text{age}) \times 0.65) - ((220 - \text{age}) \times 0.75)$

WARM UP	SETS ■
2 Min	Jump rope
2 Min	High knees
2 Min	Butt kicks
2 Min	Torso twists
2 Min	Dynamic stretches (cat-cow, cobra pose)
40 MIN	SETS ■ ■ ■ ■ 1 MIN REST AFTER EACH SET
:45 Sec :15 sec	Kettle bell figure 8 rest
:45 Sec :15 sec	Dumbbell Russian twists rest
:45 Sec :15 sec	TRX mountain climbers rest
:45 Sec :15 sec	Plyo box burpees rest
:45 Sec :15 sec	Medicine ball sit-up toss rest
:45 Sec :15 sec	Superband bicycle crunches rest
:45 Sec :15 sec	Mini band plank taps rest
COOL DOWN	SETS ■
3 Min	Light jog/walk
7 Min	Static stretches (abs, obliques, lower back)

Warm-up	Arc trainer: at minute 3 - 5 faster pace, moderate incline/resistance			<input type="checkbox"/>
Conditioning	BEGINNER	ADVANCED	REPS	SETS
	Close grip lat pull down	Natural grip pull ups	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Single arm hammer row	Incline single arm dumbbell row	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Cable chest fly	Decline bench press	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Bench push-ups	Bench dumbbell fly	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Hammer shoulders press	Lateral dumbbell raises	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Rear deltoid pec deck machine	Incline dumbbell reverse flyes	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Low pulley rope biceps curl	Hammer grip biceps curl	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Decline leg raises	Bar hanging leg raises	15 - 17	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Cool down	Chest and shoulder stretch: hold for :20 - :30 sec			<input type="checkbox"/>
	Lat stretch: hold for :20 - :30 sec per side			<input type="checkbox"/>
	Seated forward fold: hold for :20 - :30 sec			<input type="checkbox"/>

Warm-up	Arc trainer: at minute 3 - 5 faster pace, moderate incline/resistance			<input type="checkbox"/>
Conditioning	BEGINNER	ADVANCED	REPS	SETS
	Leg Press Machine	Leg Extension Superset with Walk Lunges	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Reverse Lunges	The Front to Back Lunges	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Ball Ham Curls	Glute Hyperextension Superset with Dumbbell Deadlifts	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Hip Adduction Machine	Hip Adduction Machine Superset with Dumbbell Sumo Squat	10 - 12	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Hack Calf Raises	Hack Calf Raises Superset with Seated Calf Raises	15- 17	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Cool down	Standing quad stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>
	Hamstring stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>
	Calf stretch: hold for :20 - :30 sec per leg			<input type="checkbox"/>





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