

GET FIT FOR CHRISTMAS

WINTER WEIGHT LOSS (60 MINS)

EXERCISE	SETS AND REPS	TIME
TREADMILL	Q-START (HILL CLIMB) BEG—POWER WALK INT—JOG ADV—RUN	12 MINUTES INCREASE INCLINE BY 1 EVERY MINUTE
X-TRAINER	AEROBICS PROG BEG—LEVEL 1-6 INT—LEVEL 6-10 ADV—LEVEL 10+	8—12 MINUTES
SUMMIT TRAINER	Q-START (INTERVALS) BEG—LEVEL 1-4 INT—LEVEL 4-8 ADV—LEVEL 8+	6-10 MINUTES 30 SECONDS FAST 30 SECONDS SLOW
SQUATS	2-3 SETS / X15 REPS BEG—BODYWEIGHT INT—LIGHTWEIGHT ADV—HEAVYWEIGHT	60 SECONDS REST BETWEEN SETS
LUNGES	2-3 SETS / X15 REPS BEG—BODYWEIGHT INT—LIGHTWEIGHT ADV—HEAVYWEIGHT	60 SECONDS REST BETWEEN SETS

YMCA



EXERCISE	SETS AND REPS	TIME
PRESS UPS	2-3 SETS / MAX REPS BEG—ON KNEE'S INT—BODYWEIGHT ADV—WEIGHTED	60 SECONDS REST BETWEEN SETS
PULL UPS	2-3 SETS / X10 REPS BEG—ASSISTED INT—BODYWEIGHT ADV—WEIGHTED	60 SECONDS REST BETWEEN SETS
DIPS	2-3 SETS / X15 REPS BEG—ASSISTED INT—BODYWEIGHT ADV—WEIGHTED	60 SECONDS REST BETWEEN SETS
BIKE	KILIMANJARO BEG—LEVEL 1-5 INT—LEVEL 5-9 ADV—9+	10 MINUTES
PLANK	2X MAX HOLD	—
SIDE PLANK	2X MAX HOLD	—