

FEATURED WORKOUT

Resistance

Reccomended: 2-3 days with 24-48 hours of rest per session.

Upper Body

Chest Press: 2-3 sets of 8-12 repetitions.

Dumbbell Row: 2-3 sets of 8-12 repetitions.

Shoulder Press: 2-3 sets of 8-12 repetitions.

Lateral Pull: 2-3 sets of 8-12 repetitions.

Core

High Plank: 2-3 sets, holding position for 45 seconds.

*Modification: Forearm Plank

Power Tower Dip Station: Knee Tuck, or Leg Raises
2-3 sets of 8-12 repetitions

Lower Body

Prone Leg Curl: 2-3 sets of 8-12 repetitions.

Leg Extension: 2-3 sets of 8-12 repetitions.

Leg Press: 2-3 sets of 8-12 repetitions.

Deadlift: 2-3 sets of 8-12 repetitions.

Cardio

Goal: 30-45 minutes

Bike: 15-20 minutes.

Treadmill: 15-20 minutes.

Elliptical: 15-20 minutes.

Unsure about of what to do? Ask a wellness specialist for a demonstration.

FEATURED WORKOUT

Bodyweight

Reccomended: 2-3 days with 24-48 hours of rest per session.

Upper Body

Push-ups: 2-3 sets of 8-12 repetitions.

Tricep Dips: 2-3 sets of 8-12 repetitions.

Ball Throws: 2-3 sets of 8-12 repetitions.

Superman: 2-3 sets of 8-12 repetitions.

Core

High Plank: 2-3 sets holding for 45 seconds.

*Modification: Forearm Plank

Russian Twist: 2-3 sets of 8-15 repetitions.

*Modification: Add pull.

Lower Body

Alternating Lunges: 2-3 sets of 20 (10 per leg).

Squats: 2-3 sets of 12-15 repetitions.

Side Lunges: 2-3 sets of 12-15 (Both Rt & Lt side).

Donkey Kicks: 2-3 sets of 12-15 repetitions.

Cardio

Goal: 30-45 minutes

Bike: 15-20 minutes.

Treadmill: 15-20 minutes.

Elliptical: 15-20 minutes.

Unsure about what to do? Ask a wellness specialist for a demonstration.