

SHED FAT... SMILE MORE

- Three nonconsecutive days per week
- Keep your heart rate elevated while completing a total body workout

Warm-up: 5 minutes on Elliptical

Resistance Training

Each group of exercises should be done in pairs, one set of each exercise (15 repetitions) and repeat then continue to the next pair of exercises.

1. Body weight Squats

Shoulder Press

2. Lunges

Dumbbell Chest Press

3. Seated Row

Leg Press

4. Lat Pulldown

4-point planks (thirty seconds)- Face-down, brace your body in a board-like fashion with your forearms and toes on the ground. Your shoulder to ankle should form a straight line.

Please approach our knowledgeable, certified staff for demonstrations on any/all of the above mentioned exercises.