

BODY FOR BREAK

Get to know The Power Center's equipment and instructors as you complete and check off 3 Strength workouts and 2 Cardiovascular workouts for Week 4.

STRENGTH...new exercise diagrams on back!

CHEST/ TRICEPS/ CORE

Push-Ups	Mat	Sets:3	Reps:12	Body Weight
Vertical Chest Press	Machine A	Sets:3	Reps:12	Weight:
Free Weight Fly	Dumbbells	Sets:3	Reps:12	Weight:
Tricep Kickback	Dumbbells	Sets:3	Reps:12	Weight:
Assisted Dip	Machine J	Sets:3	Reps:12	Weight:
Oblique Curls	Ball or Bosu	Sets:3	Reps:25	Body Weight
Abdominal Crunches	Ball or Bosu	Sets:3	Reps:25	Body Weight
Leg/Knee Raise:NEW!	Hip Flexor	Sets:3	Reps:25	Body Weight

BACK/ BICEPS/ CORE

Assisted Pull-ups	Machine J	Sets:3	Reps:12	Weight:
OVERHAND				
Lat Pulldown	Machine G	Sets:3	Reps:12	Weight:
Bent Over Row	Dumbbells	Sets:3	Reps:12	Weight:
Single Leg Bicep Curls	Dumbbells	Sets:3	Reps:12	Weight:
Bicep Curl	Machine I	Sets:3	Reps:12	Weight:
Oblique Curls	Ball or Bosu	Sets:3	Reps:25	Body Weight
Abdominal Crunches	Ball or Bosu	Sets:3	Reps:25	Body Weight
Leg/Knee Raises:NEW!	Hip Flexor	Sets:3	Reps:25	Body Weight

SHOULDERS/ LEGS

Single Leg Lateral Raise	Dumbbells	Sets:3	Reps:12	Weight:
Single Leg Overhead Press	Dumbbells	Sets:3	Reps:12	Weight:
Leg Press	Machine N	Sets:3	Reps:12	Weight:
Walking Lunges	Dumbbells	Sets:3	Reps:12	Weight:
Leg Extension	Machine Q	Sets:3	Reps:12	Weight:
Prone Leg Curl	Machine R	Sets:3	Reps:12	Weight:
Hip Abduction	Machine S	Sets:3	Reps:12	Weight:
Hip Adduction	Machine T	Sets:3	Reps:12	Weight:

This week increase the amount of weight lifted and decrease reps!
Trainer Tip: When doing upright exercises with dumbbells, i.e., bicep curl, lateral raise, overhead press, try to perform them standing on one leg. This will target the core body muscles.

...or check the Group Fitness Schedule for these strength class days and times.

 PIYO w/ Lauren

 Definition w/ Lindsay

CARDIOVASCULAR

Do 50 minutes of continuous cardiovascular exercise.
 Try to work up to 75—85% maximum heart rate calculated:

$$220 - \text{YOUR AGE} \times .75 \text{ or } .85$$

$$220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}} (.75) = \underline{\hspace{2cm}}$$

$$220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}} (.85) = \underline{\hspace{2cm}}$$

 50 min: Heart Rate:

 50 min: Heart Rate:

...or check the GROUP FITNESS SCHEDULE for these heart-pumping class days and times.

 RAW w/ Amy  Hip Hop w/ Nathan

 Simply Step w/ Emily  Zumba w/ Allie C.

Beach Body Bonus

Any Spinning Class!

GET CREDIT FOR 2 WORKOUTS!!!

