

WORK OUT OF THE MONTH

SEPTEMBER 2024

To help inspire your fitness goals this year, we'll be providing monthly workouts. A full body workout as well as two specialist area workouts.

FULL BODY (BODY WEIGHT ONLY)

Warm up: 5 minutes of dynamic stretching (arm circles, shoulder rolls, etc)

- Treadmill uphill walk LVL 10+: 15 minutes
- Push-ups: 3 sets of 8 reps
- Bench dips: 3 sets of 8 reps
- Assisted/ banded pull-ups: 3 sets of 8 reps
- Hollow hold: 3 sets of 30 seconds
- Superman hold: 3 sets of 30 seconds
- Exercise ball leg curls: 3 sets of 8 reps
- Reverse nordic falls: 3 sets of 10 reps
- Squats: 3 sets of 25 reps

Cool down: 5 minutes of static stretching focusing on the chest, back, shoulders and arms.

FULL BODY (SINGLE BAR ONLY):

Warm-up: 5 minutes of light cardio (jogging, jumping jacks, etc)

- treadmill uphill walk LVL 12+: 15 mins
- Floor press w/ bar: 3 sets of 10 reps
- Floor narrow press w/ bar: 3 sets of 10 reps
- Lying triceps extensions w/ bar: 3 sets of 10 reps
- Standing bar curls: 3 sets of 12 reps
- Standing bar press: 3 sets of 8 reps
- Romanian deadlifts w/ bar: 3 sets of 12 reps
- Back/front squats w/ bar: 3 sets of 12 reps
- Lying hip thrusts w/ bar: 3 sets of 15 reps

Cool down: 5 minutes of static stretching focusing on the legs and lower back.



FULL BODY (TRX ONLY)

Warm up: 5 minutes of total body mobility exercises (arms swings, leg swings, etc)

- Treadmill uphill walk lvl 15: 15 minutes
- Trx chest press: 3 sets of 8 reps
- Trx row: 3 sets of 8 reps
- Trx vertical flyes: 3 sets of 8 reps
- Trx rear flyes: 3 sets of 8 reps
- Trx jacknives: 3 sets of 30 seconds
- Trx climbers: 3 sets of 30 seconds
- Trx squats: 3 sets of 12 reps
- Trx jumping squats: 2 sets of 60 seconds

Cool down: 5 minutes of gentle stretching targeting all major muscle groups.