

Summer Fitness

Tuesday 7/19/2011

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Warm-up:

- ❖ 2 Laps
- ❖ Stretch

Conditioning:

- ❖ 1 Mile
- ❖ 1 Cool down Lap

Strength:

- ❖ 1 Minute intervals
 - Crunches
 - Planks
 - Russian Twists ([Example](#))
 - Rowers
 - Seated like a crunch with legs up
 - Legs out Arms in
 - Legs in Arms out
 - Repeat
 - Couldn't find an example but basically like crew but no oar or stationary machine
 - Set of Stairs
- ❖ 15 Pushups (x3)
- ❖ 10 Tricep Dips (x4)

Cool Down:

2 Laps

Static Stretch