

# Summer Fitness

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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