

WINTER FITNESS

SAMPLE WORKOUT

WARM-UP:

- ❖ 2 Laps
- ❖ Stretch
- ❖ 5 Minute Jog

CONDITIONING:

- ❖ 30 Minutes (Beginner)
- ❖ 45 Minutes (Intermediate)
- ❖ 60 Minutes (Advanced)
 - Sprint 3 Minutes
 - Jog 3 Minutes

STRENGTH:

- ❖ Planks (2x)
 - 1:00 min / 30sec / 30 sec (Beginner)
 - 2:00 min / 1:00 min / 1:00 min (Intermediate)
 - 1:30 min / 1:30 min / 1:30 min (Advanced)
 - Add a 3rd rep
- ❖ Sit-ups (2x)
 - Set of 20 (Beginner)
 - Set of 30-40 (Intermediate)
 - Set of 30 (Advanced)
 - Set of 10 Bicycle Sit-ups
- ❖ Pushups (2x)
 - Set of 10 (Beginner)
 - If you switch to knees (add 5 more)
 - Set of 12-15 (Intermediate)
 - If you switch to knees (add 5 more)
 - Set of 20 (Advanced)
 - If you switch to knees (add 5 more)

COOL DOWN:

2 Laps
Static Stretch