

WINTER FITNESS

SAMPLE WORKOUT

WARM-UP:

- ❖ 2 Laps
- ❖ Stretch

CONDITIONING:

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

STRENGTH:

COOL DOWN:

- 2 Laps
- Static Stretch