



Gold member participants must complete a minimum of 3 times a week or 12 times a month.

Silver member participants must complete a minimum of 2 times a week or 8 times a month.

These exercises are only recommendations.

JANUARY RECOMMENDATION	CARDIO	STRENGTH TRAINING
DAY ONE	Equipment: Treadmill Duration: 10 minutes Intensity: 2.5 minutes must be spent above 3.5 mph (can be split into one minute increments)	3 x 6 Vertical Chest 3 x 6 Wall Pushups 3 x 6 Triceps Dips ABS 15 crunches
DAY TWO	Equipment: Recumbent Bike Duration: 10 minutes Intensity: no resistance	3 x 6-lunges (no weight) 3 x 6 leg extensions 3 x 6 leg press ABS 15 crunches
DAY THREE	Equipment: Elliptical Duration: 10 minutes Intensity: no resistance	3 x 6 Wall pushups 3 x 6 Triceps dips 3 x 6 Overhead Press ABS 15 crunches

FEBRUARY RECOMMENDATION	CARDIO	STRENGTH TRAINING
DAY ONE	Equipment: Treadmill Duration: 12 minutes Intensity: 3 minutes must be spent above 3.5 mph (can be split into one minute increments)	3 x 8 Vertical Chest 3 x 8 Wall pushups 3 x 8 Triceps Dips ABS 20 crunches
DAY TWO	Equipment: Recumbent Bike Duration: 12 minutes Intensity: 5 min. light resistance	3 x 8-Lunges (no weight) 3 x 8 Leg extensions 3 x 8 Leg press ABS 20 crunches
DAY THREE	Equipment: Elliptical Duration: 12 minutes Intensity: 5 min. light resistance	3 x 8 Pushups 3 x 8 Triceps dips 3 x 8 Overhead Press ABS 20 crunches



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MARCH RECOMMENDATION	CARDIO	STRENGTH TRAINING
DAY ONE	Equipment: Treadmill Duration: 15minutes Intensity: 3 minutes must be spent above 3.5 mph (can be split into one minute increments)	3 x 8 Vertical Chest 3 x 8 Wall pushups 3 x 9 Triceps Dip ABS 20 crunches
DAY TWO	Equipment: Recumbent Bike Duration: 15 minutes Intensity: 5 min. light resistance	3 x 8-lunges (no weight) 3 x 8 leg extensions 3 x 8 leg press ABS 20 crunches
DAY THREE	Equipment: Elliptical Duration: 15 minutes Intensity: 5 min. light resistance	3 x 8 pushups 3 x 8 tricep dips 3 x 8 Overhead Press ABS 20 crunches

APRIL RECOMMENDATION	CARDIO	STRENGTH TRAINING
DAY ONE	Equipment: Treadmill Duration: 18 minutes Intensity: 5 minutes must be spent above 4 mph (can be split into one minute increments)	3 x 10 Vertical Chest 3 x 10 Wall pushups 3 x 10 Triceps Dip ABS 20 crunches
DAY TWO	Equipment: Recumbent Bike Duration: 18 minutes Intensity: 5 min. light resistance	3 x 10-lunges (no weight) 3 x 10 leg extensions 3 x 10 leg press ABS 30 crunches
DAY THREE	Equipment: Elliptical Duration: 18 minutes Intensity: 5 min. light resistance	3 x 10 pushups 3 x 10 triceps dips 3 x 10 Overhead Press ABS 30 crunches