

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	3 x 10 Vertical Chest
	Duration: 15 minutes	3 x 10 Pushups
	Intensity: 4 minutes must be spent	3 x 10 Triceps Dips
	above 5 mph (can be split into one minute increments)	ABS 2 x 25 crunches
DAY TWO	Equipment: Recumbent Bike	3 x 10-lunges (no weight)
	Duration: 15 minutes	3 x 10 leg extensions
	Intensity: 4 min. light resistance	3 x 10 leg press
		ABS 2 x 25 crunches
DAY THREE	Equipment: Elliptical	3 x 10 pushups
	Duration: 15 minutes	3 x 10 triceps dips
	Intensity: 4 min. light resistance	3 x 10 Overhead Press
		ABS 2 x 25 crunches
FEBRUARY RECOMMENDATION	CARDIO	STRENGTH TRAINING
FEBRUARY RECOMMENDATION DAY ONE	CARDIO Equipment: Treadmill	STRENGTH TRAINING 3 x 10 Lat pull downs
	Equipment: Treadmill	3 x 10 Lat pull downs
	Equipment: Treadmill Duration: 18 minutes Intensity: 6minutes must be spent above 5 mph (can be split into one	3 x 10 Lat pull downs 3 x 10 Pushups
	Equipment: Treadmill Duration: 18 minutes Intensity: 6minutes must be spent	3 x 10 Lat pull downs 3 x 10 Pushups 3 x 10 Triceps Dip
	Equipment: Treadmill Duration: 18 minutes Intensity: 6minutes must be spent above 5 mph (can be split into one	3 x 10 Lat pull downs 3 x 10 Pushups 3 x 10 Triceps Dip 3 x 10 Rear/delt fly
DAY ONE	Equipment: Treadmill Duration: 18 minutes Intensity: 6minutes must be spent above 5 mph (can be split into one minute increments)	3 x 10 Lat pull downs 3 x 10 Pushups 3 x 10 Triceps Dip 3 x 10 Rear/delt fly ABS 2 x 50 crunches
DAY ONE	Equipment: Treadmill Duration: 18 minutes Intensity: 6minutes must be spent above 5 mph (can be split into one minute increments) Equipment: Recumbent Bike	3 x 10 Lat pull downs 3 x 10 Pushups 3 x 10 Triceps Dip 3 x 10 Rear/delt fly ABS 2 x 50 crunches 3 x 10 lunges (no weight)
DAY ONE	Equipment: Treadmill Duration: 18 minutes Intensity: 6minutes must be spent above 5 mph (can be split into one minute increments) Equipment: Recumbent Bike Duration: 18 minutes	3 x 10 Lat pull downs 3 x 10 Pushups 3 x 10 Triceps Dip 3 x 10 Rear/delt fly ABS 2 x 50 crunches 3 x 10 lunges (no weight) 3 x 10 leg extensions
DAY ONE	Equipment: Treadmill Duration: 18 minutes Intensity: 6minutes must be spent above 5 mph (can be split into one minute increments) Equipment: Recumbent Bike Duration: 18 minutes	3 x 10 Lat pull downs 3 x 10 Pushups 3 x 10 Triceps Dip 3 x 10 Rear/delt fly ABS 2 x 50 crunches 3 x 10 lunges (no weight) 3 x 10 leg extensions 3 x 10 leg press
DAY ONE DAY TWO	Equipment: Treadmill Duration: 18 minutes Intensity: 6minutes must be spent above 5 mph (can be split into one minute increments) Equipment: Recumbent Bike Duration: 18 minutes Intensity: 6 min. light resistance	3 x 10 Lat pull downs 3 x 10 Pushups 3 x 10 Triceps Dip 3 x 10 Rear/delt fly ABS 2 x 50 crunches 3 x 10 lunges (no weight) 3 x 10 leg extensions 3 x 10 leg press ABS 2 x 25 crunches
DAY ONE DAY TWO	Equipment: Treadmill Duration: 18 minutes Intensity: 6minutes must be spent above 5 mph (can be split into one minute increments) Equipment: Recumbent Bike Duration: 18 minutes Intensity: 6 min. light resistance Equipment: Elliptical	3 x 10 Lat pull downs 3 x 10 Pushups 3 x 10 Triceps Dip 3 x 10 Rear/delt fly ABS 2 x 50 crunches 3 x 10 lunges (no weight) 3 x 10 leg extensions 3 x 10 leg press ABS 2 x 25 crunches 3 x 10 pushups



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

MARCH RECOMMENDATION	CARDIO	STRENGTH TRAINING
DAY ONE	Equipment: Treadmill	3 x 12 Vertical Chest
	Duration: 20 minutes	3 x 12 Pushups
	Intensity: 7 minutes must be spent	3 x 12 Triceps Dips
	above 5 mph (can be split into one minute increments)	ABS 2 x 25 crunches
DAY TWO	Equipment: Recumbent Bike	3 x 12-lunges (no weight)
	Duration: 20 minutes	3 x 12 leg extensions
	Intensity: 6 min. light resistance	3 x 12 leg press
		ABS 2 x 25 crunches
DAY THREE	Equipment: Elliptical	3 x 12 pushups
	Duration: 20 minutes	3 x 12 triceps dips
	Intensity: 7 min. light resistance	3 x 12 Overhead Press
		ABS 2 x 25 crunches

APRIL RECOMMENDATION	CARDIO	STRENGTH TRAINING
DAY ONE	Equipment: Treadmill	3 x 15 Lat pull downs
	Duration: 30 minutes	3 x 15 Pushups
	Intensity: 10 minutes must be spent	3 x 15 Triceps Dip
	above 5 mph (can be split into one minute increments)	3 x 15 Rear/delt fly
		ABS 2 x 50 crunches
DAY TWO	Equipment: Recumbent Bike	3 x 15-lunges (no weight)
	Duration: 30 minutes	3 x 15 leg extensions
	Intensity: 10 min. light resistance	3 x 15 leg press
		ABS 2 x 50 crunches
DAY THREE	Equipment: Elliptical	3 x 15 pushups
	Duration: 30 minutes	3 x 15 triceps dips
	Intensity: 10 min. light resistance	3 x 15 Overhead Press
		ABS 2 x 50 crunches