



II

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: 12 minutes Intensity: 3 minutes must be spent above 5 mph (can be split into one minute increments)	3 x 10 Vertical Chest 3 x 10 Pushups 3 x 10 Triceps Dips ABS 2 x 25 crunches
DAY TWO	Equipment: Recumbent Bike Duration: 12 minutes Intensity: 3 min. light resistance	3 x 10-lunges (no weight) 3 x 10 leg extensions 3 x 10 leg press ABS 2 x 25 crunches
DAY THREE	Equipment: Elliptical Duration: 8 minutes Intensity: 3 min. light resistance	3 x 10 pushups 3 x 10 triceps dips 3 x 10 Overhead Press ABS 2 x 25 crunches

FEBRUARY RECOMMENDATION	CARDIO	STRENGTH TRAINING
DAY ONE	Equipment: Treadmill Duration: 15 minutes Intensity: 5 minutes 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 TWO	Equipment: Recumbent Bike Duration: 15 minutes Intensity: 5 min. light resistance	3 x 10 lunges (no weight) 3 x 10 leg extensions 3 x 10 leg press ABS 2 x 25 crunches
DAY THREE	Equipment: Elliptical Duration: 15 minutes Intensity: 5 min. light resistance	3 x 10 pushups 3 x 10 triceps dips 3 x 10 Overhead Press ABS 2 x 25 crunches



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MARCH RECOMMENDATION	CARDIO	STRENGTH TRAINING
DAY ONE	Equipment: Treadmill Duration: 18 minutes Intensity: 6 minutes must be spent above 5 mph (can be split into one minute increments)	3 x 12 Vertical Chest 3 x 12 Pushups 3 x 12 Triceps Dips ABS 2 x 25 crunches
DAY TWO	Equipment: Recumbent Bike Duration: 18 minutes Intensity: 6 min. light resistance	3 x 12-lunges (no weight) 3 x 12 leg extensions 3 x 12 leg press ABS 2 x 25 crunches
DAY THREE	Equipment: Elliptical Duration: 18 minutes Intensity: 6 min. light resistance	3 x 12 pushups 3 x 12 triceps dips 3 x 12 Overhead Press ABS 2 x 25 crunches

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