# 2020 Kick-Off to a Healthier You
## Strength Training

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Day 1</th>
<th>Day 2</th>
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</table>
| Self Assessment | • Record bodyweight (BW)  
1000 meter row OR 1 mile run/walk OR 50 burpees for time | • Maximum push ups in 1 minute  
Maximum air squats in 1 minute  
Plank for maximum time (up to 90 seconds) |

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<tr>
<th>Week 2 - Week 5</th>
<th>Day 1</th>
<th>Day 2</th>
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</table>
| | Circuit 1: Repeat 2-3 times  
• Plank for time  
• Walking lunge BW for 8-12 reps each leg  
• 1 arm DB row for 8-12 reps each arm  
Circuit 2: Repeat 2-3 times  
• Squat for 8-12 reps  
• DB chest press or push up for 8-12 reps  
Circuit 3: Repeat 2-3 times  
• Dead-bug for 30 seconds  
• Back extension (substitute w/deadlifts, bird-dogs, super’s) for 8-12 reps  
• DB curl to overhead press for 8-12 reps | Circuit 1: Repeat 2-3 times  
• Lateral plank for 30 sec each side  
• Incline DB press for 8-12 reps  
• Lateral lunge for 8-12 reps each leg  
Circuit 2: Repeat 2-3 times  
• TRX row for 8-12 reps  
• TRX back fly for 8-12 reps  
Circuit 3: Perform 3-8 sets total  
Using Tabata (20 sec work/10 sec rest) alternating the following 2 exercises:  
• Squat jumps or squats  
• Push ups |

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<th>Week 6 - Week 9</th>
<th>Day 1</th>
<th>Day 2</th>
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</table>
| | Circuit 1: Repeat 3 times  
• Goblet squat for 10-15 reps  
• Step ups for 10-15 reps each leg  
• Plank to push up for 10-15 reps each arm  
Circuit 2: Repeat 3 times  
• Back extension (substitute w/deadlifts, bird-dogs, super’s) for 10-15 reps  
• DB chest supported DB row for 10-15 reps  
Circuit 3: Repeat 3 times  
• TRX leg curls for 10-15 reps  
• TRX bicep curls for 10-15 reps  
• TRX tricep extension for 10-15 reps | Circuit 1: Repeat 3 times  
• Pull up BW OR assisted OR Inverted rows for 6-10 reps  
• Handwalk 6-10 reps  
• Glute bridge (or single leg glute bridge) for 10-15 reps  
Circuit 2: Repeat 3 times  
• Incline DB press for 10-15 reps  
• Suitcase deadlift for 10-15 reps each arm  
• DB squat to press for 10-15 reps  
Circuit 3: Repeat 4 times as fast as possible  
• Slam ball rotational slams 10 reps each side  
• Burpees for 8 reps |

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<tr>
<th>Week 10</th>
<th>Day 1</th>
<th>Day 2</th>
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</table>
| Measure you Improvement with the Re-Assessment | • Record bodyweight (BW)  
1000 meter row OR 1 mile run/walk OR 50 burpees for time | • Maximum push ups in 1 minute  
Maximum air squats in 1 minute  
Plank for maximum time (up to 90 seconds) |

*See other side for additional tips and notes*
This program can be suitable for all fitness levels. Adjust the program to your current fitness level.

Perform each workout Day 1 and Day 2 on different days of the week. Best practice is to incorporate rest days into your exercise schedule.

It is recommended that you perform a general warm-up and stretch before and after each workout.

Self Assessment Week 1 and Week 10 record your performance numbers to measure your starting point and final results.

Weeks 2-5 and Weeks 6-9 repeat the Day 1 and Day 2 workouts for 3 weeks. If possible record your times and weights for each exercise to monitor your progress.

Listen to your body and do what is best for your body that day. If you need to take a day off or substitute an exercise then do so.

For information on how to perform any of the exercises, ask a "pro", refer to displays in the gym or search the Internet for the guidance.

Cross-training complements any strength program. Consider adding workouts from the aquatics and/or endurance training programs.

Have fun!