

WINTER GAMES SWACFIT SPORTS WEST PERSONAL TRAINING Challenge

WINTER CHALLENGE EXERCISE LIST

Complete **15** of the listed exercises by **Feb. 28, 2018**

Check box
when completed

Attend a FUNCTIONAL FITNESS CLASS , (Mondays & Thursdays @ 10:15 AM).	<input type="checkbox"/>
Attend a GROUP FITNESS CLASS of your choosing.	<input type="checkbox"/>
Ask a fitness coach to measure your BODY FAT PERCENTAGE .	<input type="checkbox"/>
Walk on WOODWAY® TREADMILL for 5 MIN.	<input type="checkbox"/>
Do 2 SETS of 10 REPS on the ASSISTED PULL-UP MACHINE .	<input type="checkbox"/>
Do 2 SETS of 10 REPS TRX® HIP THRUSTS .	<input type="checkbox"/>
Do 2 SETS of 20 REPS RESISTED SIDE STEPS .	<input type="checkbox"/>
Do 'TIGHTROPE' WALK in the Jungle Gym area.	<input type="checkbox"/>
Do 2 SETS of 20 SEC WALL SITS with arms overhead.	<input type="checkbox"/>
Do 2 SETS of 15 REPS OVERHEAD MEDICINE BALL SLAMS .	<input type="checkbox"/>
Complete 10 MINUTES OF FOAM ROLLING .	<input type="checkbox"/>
Attend a PILATES DEMO CLASS (1st and 3rd Saturdays @ 11 AM).	<input type="checkbox"/>
Do KETTLEBELL FARMER'S WALK - 4 lengths of Jungle Gym mat.	<input type="checkbox"/>
Do 3 SETS of 30 REPS TRX® LATERAL LUNGE	<input type="checkbox"/>
Do 2 SETS EA. (l/r) of 15 REPS SMALL STEP UP ANKLE CUFF/CORD ADDUCTION .	<input type="checkbox"/>
Do 2 SETS EA. (l/r) of 15 REPS SMALL STEP UP ANKLE CUFF/CORD ABDUCTION .	<input type="checkbox"/>
Do 2 SETS EA. (l/r) of 15 REPS SMALL STEP UP ANKLE CUFF/CORD HIP FLEXION .	<input type="checkbox"/>
Do 2 SETS EA. (l/r) of 15 REPS SMALL STEP-UP ANKLE CUFF/CORD HIP EXTENSION .	<input type="checkbox"/>
Do 2 SETS EA. (l/r) of 15 REPS PALLOF HOLD SIDE STEPS	<input type="checkbox"/>
Complete 200 VERTICAL feet on the VERSA CLIMBER® .	<input type="checkbox"/>

Once you've completed 15+ exercises from the above list, please submit completed sheet to Fitness office, or the Front Desk. You'll then be entered into a drawing to win prizes! Good luck, and have a great workout!