

# **NEW YEAR, NEW YOU, NEW DAY**

## **FITNESS CHALLENGE**

### **WARM-UP: 5-10 MIN. CARDIO (walk, jog, run, bike etc.)**

1. 20 Air Squats/10 Step-Ups each Leg
2. 10 Pushups/10 Triceps Reverse Dips
3. 10 DB Biceps Curl Upright Row (Choose a moderate weight.)
4. 10 DB Bent-Over Reverse Fly Triceps Kickback (Choose a moderate weight.)

### **WORKOUT CHALLENGE: TOTAL BODY WORKOUT**

3 ROUND CIRCUIT (40 sec., 30 sec., 20 sec.): 22:30 TOTAL TIME

TOTAL BODY CIRCUIT (rest 30 sec. to 1 min. between rounds):10 min., 7:30 min., 5 min.

1. Air Squats
2. Jumping Jacks
3. DB Overhead Shoulder Press
4. DB Biceps Curl
5. Alternating Lunges
6. Triceps Reverse Dips
7. Pushups
8. Plank Hold
9. Mountain Climbers
10. Superman
11. Swimmer
12. Abdominal Reverse Crunch
13. Abdominal Flutter Kicks
14. Abdominal Double Crunch
15. Abdominal Oblique Heel Touches (Penguins)

*\*Equipment needed: dumbbells, yoga mat or towel, step or bench, and water bottle*

*DB=dumbbells*

**Workout video available on YouTube: <http://www.youtube.com/c/HenricoRecreationParks>**