



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOMETOWN WELLNESS SHOWDOWN

WEEK 3 WORKOUT

How healthy is your hometown?

Help your town be crowned the healthiest in Eastern Mass! Earn points for your Y and your town by trying these great exercises and logging them on boston.com/getmoving. Win hundreds of prizes from brands like New Balance, Oster, HealthoMeter, Fitbit and more!

WORKOUT 1

Warm-up: Treadmill for 5 min at 3.0

Circuit Training: all exercises are 3 sets with minimal rest:

15 push ups	20 bodyweight squats
30 seconds jumping jacks	15 lat pull downs

Cardio:

Row for 10 minutes at 100 Watts (moderate effort)

Bike for 10 minutes at 12-13.9 mph (moderate effort)

WORKOUT 2

Freestyle (front crawl) for 35 minutes.

boston.com

 Lose It!



Need help developing your workout? Visit the Welcome Center or email info@ymcaboston.org to learn more about personal training.