

# week three workouts



## hiit workout

**Go for Rounds Completed!** Set a 6-minute timer for each circuit. Complete 6 reps of each exercise in the circuit to equal 1 round. Complete as many rounds as you can in the 6 minutes!

**Warm-up:** 5 - 10min cardio

**Circuit 1** - 6 reps each = 1 round

Jump Squats | Alternating Forward Lunges | Box Step-ups

**Circuit 2** - 6 reps each = 1 round

Jumping Jacks | Speed Skaters | Curtsy Lunges

**Circuit 3** - 6 reps each = 1 round

Push-ups | Dumbbell Rows | Dumbbell Should Press

**Circuit 4** - 6 reps each = 1 round

Renegade Rows | Burpees

## cardio intervals

**10 Rounds of Sprints**

**1 Round = 60sec High-Intensity + 30sec rest**

**Warm-up:** 5 - 10min

High-intensity examples:

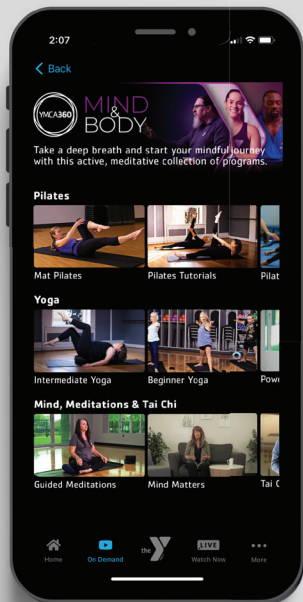
Sprints / Increase Speed on Stairs /  
Hard Pedaling

Rest examples:

Jog or Walk / Slow stairs /  
Recovery Pedaling

**Cool-down** 2-3 min

scan the code to explore all week two resources – including recipes, videos, and more!



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or download the YMCA360 app on your  
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Enter your zip code and choose either the  
Fercho or Schlossman YMCA  
- Full YMCA360 access is available at both locations.

Type in your email address - and then enter the  
verification code that will be emailed to you.

That's it – you're ready to explore the platform!



## Body Flow Yoga

Learn how yoga can  
benefit your health  
and well-being.



## Restorative Yoga

Balance your body  
with focus on gentle  
and restorative  
movements.

