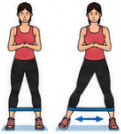


GOAL FIT CHALLENGE

Workout 1:

Exercise:	Date:												
Squats 	Sets												
	Reps												
	Wt.												
Bicep Curls 	Sets												
	Reps												
	Wt.												
Bench Press 	Sets												
	Reps												
	Wt.												
Rows 	Sets												
	Reps												
	Wt.												
Leg Press 	Sets												
	Reps												
	Wt.												
Hip Thrusts 	Sets												
	Reps												
	Wt.												
Plank Dips 	Sets												
	Reps												
	Wt.												
Sit-ups 	Sets												
	Reps												
	Wt.												
Band Lateral Walk 	Sets												
	Reps												
	Wt.												
Walking/Running 	Time												
	Miles												
	Incline												

Member Name:

Description Of Exercises (At Home Options)

1. Squats



1. Feet shoulder-width apart.
2. Push hips back and bend knees.
3. Lower until thighs are parallel to the floor.
4. Drive through heels to stand up.

2. Bicep Curls

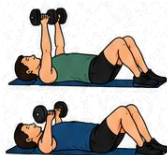


1. Stand tall, feet hip-width apart.
2. Hold DBs with palms facing forward.
3. Curl weights up by bending elbows.
4. Lower slowly to starting position.

3. Bench Press



1. Lie on bench or floor (**at home option**), feet flat.

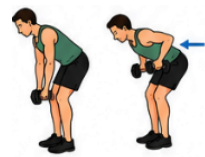


2. Grip bar slightly wider than shoulder-width. Or DBs above chest.
3. Lower bar/weights to chest.
4. Press up until arms are extended.

4. Rows



1. Sit with feet on footplate, knees slightly bent. Or hinge at hips, back flat (**at home option**)

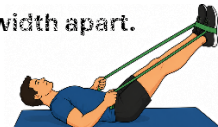


2. Hold handle/DBs with palms facing in.
3. Pull elbows back toward hips.
4. Squeeze shoulder blades and lower slowly.

5. Leg Press



1. Sit on machine or lie on floor (**at home option**), place feet hip-width apart.



2. **Home:** loop a resistance band around both feet and hold the ends securely with your hands.
3. Push through heels to extend legs.
4. Slowly return to the starting position.

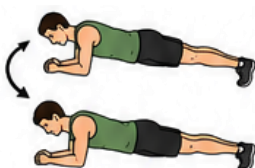
6. Hip Thrusts



1. Upper back on bench or floor (**at home option**), feet flat, knees bent.
2. Drive through heels and lift hips up.
3. Squeeze glutes at the top.
4. Lower hips down.



7. Plank Dips



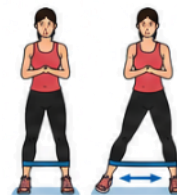
1. Start in elbow plank position, forearms under shoulders.
2. Dip hips to one side, return to center, and dip hips to the other side.
3. Keep core tight and body in a straight line.

8. Sit-ups



1. Lie on back, knees bent, feet flat, hands behind head or straight.
2. Curl upper body up toward knee.
3. Squeeze abs at the top.
4. Lower back down to the ground.

9. Band Lateral Walk



1. Place band around ankles or just above knees.
2. Get in a slight squat.
3. Step to the side against tension and walk 10 steps side to side.
4. Keep tension on the band the entire time. Can do no band, get more in squat (**at home option**)

10. Walking/Running



1. Walk or run at a steady pace.
2. Keep good posture and swing arms naturally.
3. Can be done indoors (treadmill) or outdoors.
4. Go for time, distance, or intensity.

Workout 2:

Exercise:	Date:												
Chest Fly 	Sets												
	Reps												
	Wt.												
Tricep Pulldown 	Sets												
	Reps												
	Wt.												
Pullups 	Sets												
	Reps												
	Wt.												
Single Leg Deadlift 	Sets												
	Reps												
	Wt.												
Lat Pulldown 	Sets												
	Reps												
	Wt.												
KB Swing 	Sets												
	Reps												
	Wt.												
Leg Lifts 	Sets												
	Reps												
	Wt.												
Hip Abductor (Outer) 	Sets												
	Reps												
	Wt.												
Hip Adductor (Inner) 	Sets												
	Reps												
	Wt.												
Cycling 	Time												
	Miles												
	Resist.												

Member Name:

Description Of Exercises (At Home Options)

1. Chest Fly



1. Lie on bench with feet flat, holding DBs above chest with slightly bent arms.
2. Slowly lower arms out to the sides until a stretch is felt in chest
3. Squeeze Chest to bring DBs back up and together

2. Tricep Pulldown



1. Grip rope or attach band with door anchor **(at home option)**.



2. Keep elbows tucked in at your sides.
3. Press down until arms are fully extended.
4. Slowly return to start.

3. Pullups

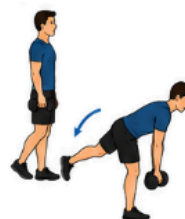


1. Hang with hands slightly wider than shoulder-width or hang inverted from a sturdy table **(at home option)**.



2. Pull your body up until chin clears the bar or table.
3. Lower down with control until arms are fully extended.

4. Single Leg Deadlift



1. Stand on one leg with a DB in the opposite hands.
2. Hinge at hips, lowering chest toward the floor while extending the back leg straight behind you.
3. Keep back flat and core engaged.
4. Drive through your heel to return to standing.

5. Lat Pulldown



1. Grip bar or attach band with door anchor **(at home option)**.



2. Wide overhand grip pull down to upper chest, elbows driving down and back.
3. Slowly return to start.

6. KB Swing



1. Hinge at hips, push hips back while keeping back flat.
2. Swing KB or DB **(at home option)** between legs.
3. Drive hips forward to swing weight up to chest height.
4. Let the weight swing back down and repeat.

7. Leg Lifts



1. Lie on your back with hands under hips or at sides
2. Keep legs straight and together.
3. Lift legs up toward the ceiling.
4. Lower legs down slowly without touching the floor.

8. Hip Abductor



1. Sit on machine. Push legs outward against pads. Slowly return.



2. **(At home option)**: Lie on your side with legs straight.
3. Lift top leg up toward ceiling.
4. Lower down with control.

9. Hip Adductor



1. Sit on machine. Squeeze legs together. Slowly return.



2. **(At home option)**: Lie on your side with legs straight.
3. Place a pillow or ball between your legs.
4. Squeeze and hold. Relax.

10. Cycling



1. Cycle at a steady pace.
2. Keep good posture and engage your core.
3. Can be done indoors (stationary bike) or outdoors.
4. Go for time, distance, or intensity.