



# The Strong Challenge FOND DU LAC FAMILY YMCA

fdlymca.org

## LES MILLS **ONDEMAND**

**SMART START.** It sounds simple and it is. Your key to long-term fitness is to start slow, build steadily and enjoy yourself. Your journey to fitness begins with using the SMART START fitness schedule. For best results, mix up your workout schedule and keep it interesting with a mix of cardio, strength, core and flexibility sessions. Each offer unique fitness benefits.

### SIX WEEK WORKOUT SCHEDULE

WEEK	CARDIO	STRENGTH	CORE/ FLEXIBILITY
1	1 x 20 mins	1 x 20 mins	1 x 10 mins
2	2 x 20 mins	1 x 30 mins	1 x 20 mins
3	2 x 30 mins	1 x 30 mins 1 x 20 mins	1 x 25 mins
4	2 x 35 mins 1 x 20 mins	1 x 60 mins	1 x 40 mins
5	2 x 50 mins 1 x 20 mins	1 x 60 mins 1 x 20 mins	1 x 60 mins
6	2 x 60 mins 1 x 30 mins	1 x 60 mins 1 x 40 mins	1 x 60 mins

**CARDIO** exercise is great for burning calories and important for your heart health. Examples include BODYATTACK™, BODYCOMBAT™, BODYJAM™, BODYSTEP™, LES MILLS TONE™, RPM™, SH'BAM™, climbing stairs, cycling, dancing, running, swimming and walking.

**STRENGTH** training builds lean muscle and helps with long-term weight loss. As well as free weight and machine weight training, you should consider BODYPUMP™ and LES MILLS TONE.

**CORE** strength is critical for building a strong body to create the best platform for all other exercise.

**FLEXIBILITY** reduces changes of injury, increases mobility and improves your posture.

Some great Core/Flexibility workouts to consider are CXWORX™, BODYBALANCE™, LES MILLS TONE, ab exercises, pilates, stretching, tai chi and yoga.