

# Speed Demon

This fitness plan proves you can get moving in a matter of minutes. Try strength training exercises when you have 15 minutes to spare, or get a full cardio workout with our 30-minute BOOM classes.

## WEEKLY ROUTINE

Choose between these classes and floor exercises for three workouts per week and include some time to rest in between.



## PERFECT CLASSES FOR YOU



### SILVERSNEAKERS BOOM MIND

Build strength, confidence and flexibility in this yoga-Pilates fusion class that relieves stress while strengthening your core.



### SILVERSNEAKERS BOOM MOVE IT

Break a sweat and burn some calories in this higher intensity dance workout class that improves cardio endurance.



### SILVERSNEAKERS BOOM MUSCLE

Move through “blocks” of athletic-based exercises to tone multiple muscle groups while building overall strength.

## YOUR ESSENTIAL GYM FLOOR ROUTINE

*Warm up with some gentle aerobic exercise for at least 10 minutes.*



### 1. WALL PUSH-UP STRENGTH TRAINING

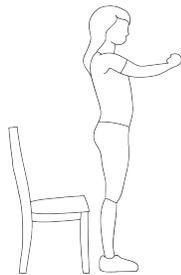
What you'll need: Proximity to a wall

1. Begin by facing a wall, a little more than an arm's length away. Feet shoulder-width apart. Lean forward, and place your palms against the wall shoulder-width apart.
2. Breath in, bend you elbows, and slowly lower your upper body toward the wall in a controlled motion. Do not allow your upper body to move past your shoulders.
3. Pause, exhale and push yourself back to the starting position.

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**Remember: Get advice from the staff at your local fitness center. If you are new to the gym, validate your exercises with your doctor, especially if you're managing a condition or injury, start slowly and carefully with lighter weights to avoid injury, then build up!**

## YOUR ESSENTIAL GYM FLOOR ROUTINE



## 2. BODY-WEIGHT SQUATS STRENGTH TRAINING

What you'll need: A chair or bench

1. Stand with a neutral spine and your feet hip-width apart. Position a chair or bench behind you, plus a second chair in front of you for added support as needed.
2. Exhale while you lower your body by bending at your knee and hip joints. Keep your chest up and your weight centered over the mid to back part of your foot. Try to prevent your knees from extending past your toes.
3. Using a chair or bench as a guide, do not allow your thighs to move past parallel with the floor.
4. Pause at the bottom on the movement, and exhale as you return to the starting position.



## 3. REVERSE LUNGE STRENGTH TRAINING

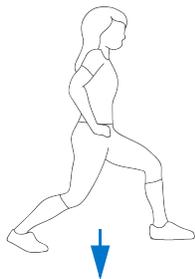
What you'll need: Adequate floor space

1. Stand with your feet hip-width apart. Hands by your or on your hips.
2. While keeping your chest lifted and abs contracted, take a large step backward.

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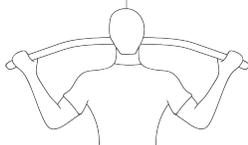
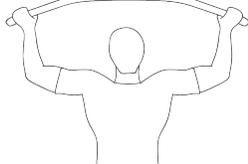
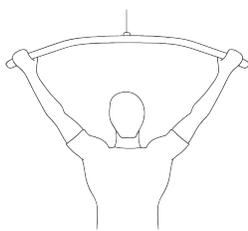
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## YOUR ESSENTIAL GYM FLOOR ROUTINE



### 3. REVERSE LUNGE STRENGTH TRAINING

3. At the same time, bend both the front and back knees no greater than 90 degrees. The front knee should stay in alignment with the front foot, not extending beyond the toes. Keep the toes of your back foot facing forward.
4. In a controlled movement, push forward and return to the starting position.



### 4. LAT PULL-DOWN STRENGTH TRAINING

1. Adjust the pad so that the tops of your thighs fit under the pads. Knees aligned with your ankles.
2. Grab the bar with your hands slightly wider than shoulder-width apart.
3. Position your body so that you're leaning slightly back with your chest lifted, head and spine in a straight line and feet flat on the floor.
4. Leading with your elbows, exhale and pull the bar towards your collarbone. At the bottom of the exercise, your elbows should be facing downward.
5. Pause. In a controlled motion, return the bar to the starting position while inhaling.

*Cool down with some gentle stretches for all major muscle groups.*

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