

# Workout Warrior

Use this fitness plan to kick it up a notch, try new equipment, learn a new exercise or take a high-intensity class. Try signing up for a local race or sporting event outside of the gym.

## 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 MOVE IT

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



### SILVERSNEAKERS CIRCUIT

Build upper-body strength with hand-held weights and low-impact choreography that can be modified for any fitness level.

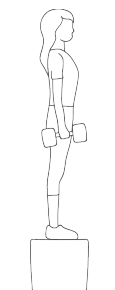
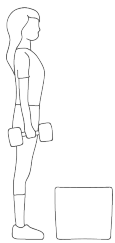


### SILVERSNEAKERS STABILITY

Strengthen your joints while improving your reaction time in a class that's designed to prevent future falls and preserve independence.

## YOUR ESSENTIAL GYM FLOOR ROUTINE

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



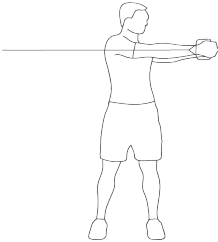
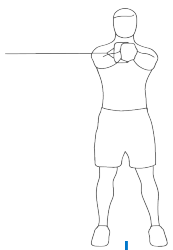
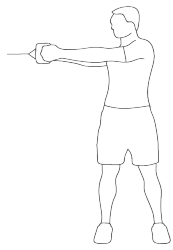
### 1. STEP-UPS STRENGTH TRAINING

What you'll need: A step or platform, 2 dumbbells

1. Holding dumbbells by your sides, stand facing a step or platform.
2. Place your left foot on top of the step so your left knee is over your ankle, without going past your ankle.
3. Shift your weight to your left leg and step up while exhaling. Do this by contracting your abs, glutes and leg muscles. Try not to push off with your right foot or use momentum.
4. As you step up, bring your right foot up onto the step to meet your left.
5. Pause, and slowly return to starting position while inhaling.
6. Switch legs and repeat steps 1-5.

**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!**

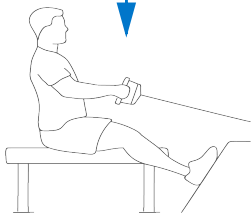
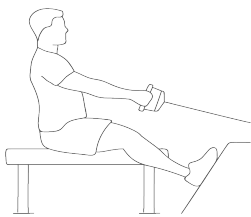
## YOUR ESSENTIAL GYM FLOOR ROUTINE



## 2. CABLE TRUNK ROTATION STRENGTH TRAINING

What you'll need: A cable pulley

1. Stand with your legs wider than shoulder-width apart so the pulley is to the right of your body.
2. Reach across your body and grip the handle with both hands, arms out straight to the right.
3. With your body centered over your right leg, push off the right foot and shift your weight to the left leg while rotating your abs and chest, keeping your arms straight.
4. Twist as far to the left as possible, then slowly reverse the motion by twisting your arms back across your body until you return to starting position.



## 3. SEATED CABLE ROW RESISTANCE TRAINING

What you'll need: Seated cable row machine with V-bar

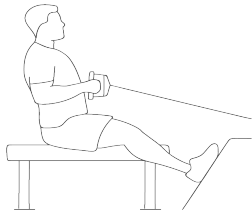
1. Sit at the cable row machine with your knees slightly bent and your feet flat on the foot rest.
2. Grasp the V-bar handle while keeping your back flat, abs contracted and chest lifted. Your head and spine should be aligned.

*Continued on page 3*

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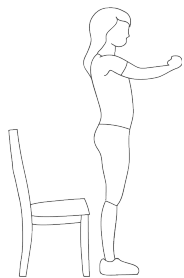
## YOUR ESSENTIAL GYM FLOOR ROUTINE

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### 3. SEATED CABLE ROW RESISTANCE TRAINING

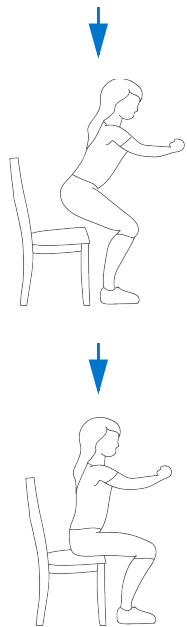
3. Exhale as you pull your hands back toward your ribcage, keeping your elbows close to your sides.
4. Pause, and then slowly return to starting position while inhaling.



### 4. 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.



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

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