

# PHYSICAL TRAINING

*"Every athlete exercises self-control in all things...discipline your body and keep it under control."  
1 Corinthians 9:27*

## 8 WEEK WORKOUT

If you are new to working out or just want to try something different, we hope during the next **8 weeks** you will see growth and endurance.

If you have questions about your workout or would like to visit with our Health and Wellness Coordinator, please contact us at [cdotson@enidymca.org](mailto:cdotson@enidymca.org)

### WEEK 1

10-20 min Stairmaster

Dumbbell single sided clean and press x 10 reps each side

Dumbbell reverse lunge x 10 reps each side

Dumbbell single sided bent-over row x 10 reps each side

Dumbbell front squat x 10 reps

Dumbbell curl and press x 10 reps

Dumbbell Romanian deadlift x 10 reps

Try 3 times through

### WEEK 2

20-30 min incline walk on treadmill. Start flat, each min increase the incline and then decline each min once you reach your peak incline. Try the treadmill speed at 3-3.5

Plank challenge

30 sec forearm plank

30 sec high plank

30 sec side plank (each side) move the hips up and down

30 sec high plank knee to elbow alternate sides

30 sec low plank same knee to same elbow alternate sides

Try and repeat 3 times through

### WEEK 3

20-30 min elliptical workout

TRX band workout

10 squats

10 lunge hops each leg

10 Y flys

10 table top rows

10 single leg deadlifts each side

10 burpees

Try 3 times through

## WEEK 4

Treadmill walk/jog- try for 20-30 min. Give yourself a 5 min easy walk warm up. 15-20 min of 30 sec jog, 1 min walk!

Dumbbell workout

10-15 chest flys- lay flat or on bench

10-15 bent over rows

10-15 squats with weights on the shoulders

10-15 squat push presses

10-15 deadlifts

10-15 squat jumps

Try for 3 times through

## WEEK 5

5 min stairs, 5 min elliptical, 5 min treadmill fast walk or jog

Ab workout- 30 secs a piece

1 weight russian twists

1 weight feet flat, crunch all way up, all way to the floor

Bike crunches

1 weight high plank, roll the weight back and forth

Low plank hip dips side to side

## WEEK 6

Row machine 2 min

Weighted squat push presses 15 reps

Row machine 2 min

Reverse lunge and curls 10-12 reps each leg

Row machine 2 min

Tricep push ups, hover back tap the opposite ankle

Row machine 2 min

Weighted deadlifts 15 reps

## WEEK 7

7 min stairs, 7 min treadmill, 7 min elliptical

7's workout- 7 reps, 7 times through

7 pushups- hands wide (on your toes!)

7 squats

7 sit ups (start on the floor, sit all the way up!)

7 burpees

7 lunges each leg

7 russian twists (twisting to both sides counts as 1 rep!)

7 tricep pushups- hands narrow, elbows point back (try them on your toes!)

## WEEK 8

Row machine 10 min, Elliptical 10 min

10 burpees

10 reverse flys with 2 weights

10 squat jumps

10 weighted squats

10 plank jacks

10 weighted deadlifts

10 lunge hops each side

10 single sided rows each side with a twist overhead

3 times through