



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

START STRONG

START STRONG SATURDAY

Kick off your weekend on a healthy, positive note with our Start Strong Saturday workout from Theresa at the YMCA of Greater Omaha.

OPTIONS FOR WEIGHT: Backpack filled with books, filled milk jugs (2 cups of water = 1 pound) or dumbbells.

1. Warm-up by walking, jogging for 5-10 minutes

2. Complete 3 sets of each exercise, 10-15 reps each

SET 1:

Squats using 'weight' as desired

Hip Bridges

Reverse Lunges

Bird-Dog

SET 2:

Bent Over Rows

Push Ups

Triceps Overhead Extension using 'weight'

Lateral raises

Biceps Curls

SET 3:

Side plank (15-30 seconds each side)

Crunches