



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 Brandie 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: Combo of walking or jogging, jumping jacks, big arm circles

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

### SET 1:

Sumo (wide stance) squat

Lateral lunges

Calf raises

Curtsy lunge

### SET 2:

Alternating arm shoulder press

Hammer curls

Tricep kickbacks

Bent over reverse flys

### SET 3:

Oblique twists

30 sec hover

Reverse crunches