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