



Exercise of the Month

Strength Training for Women

How it works: Complete all 6 exercises for 45 seconds each, with a 10 second rest between exercises. Once all 6 exercises are complete, rest for 1-2 minutes. Repeat core circuit for a total of 3-4 rounds.

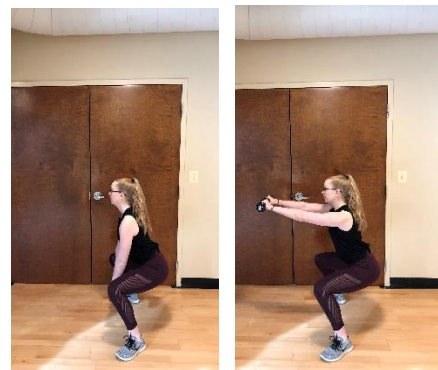
Exercise 1:
Front Squat + Press



Exercise 2:
Static Lunge + Curl



Exercise 3:
Sumo Squat + Front Raise



Exercise 4:
Curtsy Lunge + L-Fly



Exercise 5:
Plank + Alt. Row



Exercise 6:
Glute Bridge + Tricep Kick Back



From Corporate Fitness Works Team Leader, Samantha Granger