

# Be **Awesome** in April!

## Fitness Challenge

### Try these 6 varieties of workouts in April

**Cardio Intervals:** A series of low to high intensity exercise workouts interspersed with rest or relief periods. The high-intensity periods are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity.

**Cardio Circuits:** A series of cardio exercises repeated two or three times with little or no rest between sets. We recommend the following: Treadmill, Elliptical, and Bike.

**Steady State Cardio:** A cardio workout that is a continuous, steady effort.

**Upper Body Strength:** Resistance training exercises for Back, Abs, Chest, Shoulders, Triceps, Biceps.

**Lower Body Strength:** Resistance training exercises for Glutes, Quads, Hamstrings, calves, shins.

**Flexibility:** A workout devoted to gently stretching all of your joints.

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Complete 12 workouts this month using the varieties above to be eligible for the prize. 24 workouts will get you an extra chance in the raffle!

