

Be Awesome in April!

Fitness Challenge

Start Here Cardio Intervals →	Upper Body Strength →	Cardio Circuit →	Lower Body Strength	Flexibility	Steady State Cardio	Rest
Upper Body Strength	Cardio Intervals	Lower Body Strength	Steady State Cardio	Cardio Circuit	Flexibility	Rest
Cardio Intervals	Upper Body Strength	Steady State Cardio	Lower Body Strength	Flexibility	Cardio Circuit	Rest
Steady State Cardio	Flexibility	Upper Body Strength	Cardio Circuit	Lower Body Strength	Cardio Intervals	Rest All Done!

Complete all 24 workouts in the order above
for a
double raffle opportunity!



PROHEALTH WEST WOOD HEALTH & FITNESS CENTER