



WORKOUT OF THE MONTH

Nic Fit – Part One

This is full body workout program utilizing various pieces of gym equipment. This workout, performed two to three times a week, will give you a strong base of fitness to be successful in your everyday life!

Workout	Focus Group	Equipment	Exercise	Volume
Warm Up	Cardiovascular	Treadmill	Light Jog	5 Minutes

Step #	Focus Group	Equipment	Exercise	Volume
1.	Legs / Cardiovascular	BOSU	Walk Ups	60 seconds
2.	Chest	Stability Ball / Dumbbells	Chest Press	60 seconds
3.	Legs	BOSU	Squats	60 seconds
4.	Shoulders	BOSU / Dumbbells	Front Shoulder Raises	60 seconds
5.	Biceps	BOSU / Dumbbells	Biceps Curl	60 seconds
6.	Abdominals (core)	Stability Ball	Hands to Feet Pass	60 seconds
7.	Legs / Cardiovascular	BOSU	Lateral Step Overs	60 seconds
8.	Upper Back	TRX	Rows	60 seconds
9.	Hamstrings	Stability Ball	Hamstring Curls	60 seconds
10.	Shoulders	BOSU / Dumbbells	Side Shoulder Raises	60 seconds
11.	Triceps	BOSU / Dumbbells	Triceps Extension	60 seconds
12.	Abdominals (core)	Stability Ball / Dumbbells	Seated Curl Up	60 seconds

Work 2 repetitions of entire circuit. Cool down for 4 - 5 minutes following workout. Start the cool down with a light jog then gradually decrease the speed every 30 seconds until a nice casual walk to finish it off.



20 Dickson Street
 Cambridge, Ontario
 N1R 1T4
 (519) 620-2014
www.grandriverfitness.ca