

# FIGHTING KOALA'S / YMCA WORKOUTS

Cardio / Lower	Cardio / Core	Cardio / Upper	Fully Body Weights	Swim Specific	Cycle Specific	Run Specific
10 min w-up	10 min w-up	10 min w-up	5 min w-up	10 min w-u	10 min w-u	10 min w-u
2 sets squats 2 sets leg extensions 2 sets ham curl 2 sets glutes	Do a total of 150, 200 or 250 reps of... crunches, leg lifts, HF lifts, back ext	2 sets chest press 2 sets seated row 2 sets lat pulldown 2 sets pec flys	2 sets squats 2 sets leg ext 2 sets glutes 2 sets leg lifts 2 sets back ext 2 sets crunches	3 sets lat pulldowns 2 sets seated row 2 sets chest press 2 sets pec flys	3 sets swiss ball squats 2 sets leg press 2 sets leg ext 2 sets glutes	3 sets swiss ball squats 3 sets glutes 3 sets hamstring 5 min stretch
10 min cardio	10 min cardio	10 min cardio	2 sets chest press 2 sets seated row 2 sets shoulder shrugs 2 sets tri ext	10 min cardio	10 in cardio	10 min cardio
2 sets abductor 2 sets adductor 2 sets calf 2 sets shins	Do a total of 150, 200 or 250 reps of... crunches, leg lifts, HF lifts, back ext, obliques, machine	2 sets shoulder shrugs 2 sets delt lifts 2 sets tri ext 2 sets bicep curl	2 sets chest press 2 sets seated row 2 sets shoulder shrugs 2 sets tri ext	1 set lat pulldowns 3 sets tri ext 2 sets back ext 2 sets shoulder shrugs	2 sets hamstring 1 set abductor 1 set adductor 200 core reps, your choice	2 sets abductors 2 sets adductors 2 sets hip flexors 150 core reps, your choice
10 min stretch	10 min stretch	10 min stretch	10 min stretch	10 min stretch	10 min stretch	10 min stretch

Treadmill #1	Treadmill #2	Treadmill #3	Treadmill #4	Rower/Treadmill	Flexibility	Did you know!!!
5 min warm-up	5 min warm-up	5 min warm-up	5 min warm-up	Spend 20 minutes on the rower or bike and 20 minutes on the treadmill during the hour. Each time you go from machine to machine the effort gets higher.	5 min cardio	Weight training is a great way to compliment your fitness. When starting make sure to err on the side of taking it to easy as you may find you are stiff for days. It is common to be stiff the next day, which is ok.
5 min @ 70%	2 min sprint 3 min easy X6-8	10 min at 90%	5 min at 70% @ 1%		10 min stretch for hams, glutes, hips	
5 min @ 80%		2 min easy	5 min at 2% incline		5 min cardio	
5 min @ 90%		8 min at 90%	5 min at 3% incline		10 min stretch for quads, calf, shins	
5 min @ 100%		2 min easy	5 min at 4% incline		5 min cardio	
5 min @ 70%	Use incline 1%	6 min at 90%	5 min at 5% incline		10 min stretch for hams, upper back	
5 min @ 80%		2 min easy	5 min at 70% @ 1%		5 min cardio	
5 min @ 90%		4 min at 100%	5 min at 80% @ 1%		10 min stretch for hams, upper back	
5 min @ 100%		2 min easy	5 min at 90% @ 1%		5 min cardio	
5 min cool-down	5 min cool-down	2 min at 100%	5 min at 100% @ 1%		100 leg reps	
100 core reps	100 core reps	2 min easy	100 core reps	100 core reps	10 min stretch for glutes, chest/arms	
5 min stretch	10 min stretch	15 min stretch/core	5 min stretch	10 min stretch		

