

# GET SCHOOLED IN SEPTEMBER!



## SEPTEMBER FITNESS CHALLENGE

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Back &amp; Biceps</b>	1 Exercise- Superman's Stretch- Supine Lower Back Twist Stretch	2 Exercise- 45° bench curls incline or seated Stretch- palm on the wall with fingers down	3 Exercise- TRX Row Stretch- TRX Lower Back Stretch	4 Exercise- Hammer Curl Stretch - Precor Stretch Trainer lower and upper back	5 Exercise- Assisted Pull Up Machine or with bands Stretch- Seated Twist Stretch	6 Exercise- Cable Rope Curls Stretch- Open arms palms reach away	7 Exercise- Lawn Mower Rows Stretch- Happy Baby
<b>Abdominals &amp; Core</b>	8 Exercise- Bosu Opposite elbow to knee Stretch- lay over the bosu	9 Exercise- Dead Bugs Stretch- Cobra	10 Exercise- Walking planks Stretch- Letter "T" arms	11 Exercise- Ball Smash Stretch- Sphynx	12 Exercise- Side planks with a twist Stretch- reach one arm up and over your body	13 Exercise- Stability Ball Crunches Stretch- lay over the stability ball	14 Exercise- TRX Sit Ups Stretch- Hamstrings
<b>Legs</b>	15 Exercise- Proper seat setting on the leg curl Stretch- Precor Hamstring Stretch	16 Exercise- Lung Variations- especially if you have knee problems Stretch- figure four glute	17 Exercise- Wall Squat with or without stability ball Stretch- Quad stretch	18 Exercise- Stability ball bridge with leg curl Stretch- Yoga strap hampstring	19 Exercise- Speed Interval Training with ladder Stretch- calves- use a calf stretcher if available	20 Exercise- Jump Rope Cool down- be sure to slowly and safely bring your heart rate down	21 Exercise- Step ups Stretch- IT Band
<b>Chest &amp; Triceps</b>	22 Exercise- Decline Bench Stretch- arms in a door way	23 Exercise- Push Up Variation Stretch- hug yourself and vary the arm on top	24 Exercise- Dumbbell flies on a bosu or stability ball Stretch- foam roller with arms open	25 Exercise- Tricep Dips Stretch- Tricep with arm over head	26 Exercise- Inchworms with push up Stretch- rag doll with bent knees	27 Exercise- TRX Chest Press Stretch- forward lunge with arms open and holding the TRX	28 Exercise- TRX Push Up Stretch- arm on the wall and turn away
<b>Circuit</b>	29 Create a circuit with your favorite exercises from above	30 Create a circuit with your favorite exercises from above	31 Create a circuit with your favorite exercises from above				

September's challenge brings us back to school!  
You can learn a new exercise and stretch every day.

Our first week focuses on our back and biceps, the second week on abdominals and core, the third week legs, and finally finishing with chest and triceps.

Although you will see some of these exercises on our Youtube Channel, there is nothing better than someone helping you in person. Ask one of our coaches or personal trainers if assistance is needed. That's what we're here for!



**YMCA OF LONG ISLAND**

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PATCHOGUE