

AUGUST FITNESS CHALLENGE!

STRONG ALL SUMMER!



AUGUST 2026

WEEK 1

MOVE MORE

Challenge: Complete 150 minutes of physical activity this week.

Ideas include: Group Exercise Classes, Walking or Running, Swimming, Strength Training, or Cycling.

Bonus:

Try one class you've never taken before!

WEEK 2

STRENGTH WEEK

Challenge: Complete 3 full-body strength workouts this week.

Include exercises such as: Squats, Push-ups, Rows, Lunges, or Core exercises.

Bonus:

Finish each workout with a 1-minute plank.

WEEK 3

CARDIO CHALLENGE

Challenge: Complete 4 cardio workouts of at least 30 minutes each.

Choose your Favorite: Treadmill, Elliptical, Indoor Cycling, Swimming, Group Cardio Class, Outdoor Walk or Run.

Bonus:

Add 5 minutes of intervals to one workout.

WEEK 4

RECOVERY & WELLNESS

Focus on recovery by completing:

- 2 Stretching or Yoga sessions
- Drink at least 64 oz. of water each day
- Get 7–8 hours of sleep on at least 5 nights

Bonus:

Spend 10 minutes each day practicing mindfulness or deep breathing.



YMCA OF LONG ISLAND

Bay Shore • East Hampton • Patchogue
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**START
CHALLENGE!**

