



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

QUICK FIT 2 GO

Warm up: walking lunges, walking toe-touches, high knees, butt kicks (do each exercise for 30 sec) and 20 burpees

For time:

Run 800 meters (2x)

400 meters (3x)

200 meters (4x)

100 meters (5x)

*90 second rest between runs

See Fitness Staff for Assistance if needed.

Quick Fit classes are held MON and WED, 12:00pm and TUE and THU, 6:00pm



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

QUICK FIT 2 GO

Warm up: walking lunges, walking toe-touches, high knees, butt kicks (do each exercise for 30 sec)

4 Rounds:

5 exercises, 1 round= 30 seconds max effort, followed by 30 seconds of rest.

Burpees

Push Ups

Squats

*Bent Over Row

*Curls to overhead press

*use dumbbells or two water bottles for this exercise

See Fitness Staff for Assistance if needed.

Quick Fit classes are held MON and WED, 12:00pm and TUE and THU, 6:00pm



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

QUICK FIT 2 GO

Warm up: walking lunges, walking toe-touches, high knees, butt kicks (do each exercise for 30 sec)

Ab Blast

3 circuits for time:

Do 1 minute of each movement with 30 second rest, 1 min rest after each round and circuit

A) Straight Leg Crunches, Side Plank, Supermans

B) Bicycle Crunch, Side Plank (opp. Side), Mountain Climbers

C) X Crunches, Russian Twists, Swimmers

See Fitness Staff for Assistance if needed.

Quick Fit classes are held MON and WED, 12:00pm and TUE and THU, 6:00pm



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

QUICK FIT 2 GO

Warm up: walking lunges, walking toe-touches, high knees, butt kicks (do each exercise for 30 sec)

Pick circuit A or B (for added challenge do both)

Circuit A (3 rounds)

Circuit B (3 rounds)

25 High Knee Skips 25 Double Butt Kick Jumps

20 Carioca Side Step 20 Jump Squats

15 Narrow Push Ups 15 standing long jumps

10 Incline Push Ups w/chair 10 Burpee push ups

See Fitness Staff for Assistance if needed.

Quick Fit classes are held MON and WED, 12:00pm and TUE and THU, 6:00pm