



## Four-week Workouts

Get back into a fitness routine with the help of these four-week programs developed by NSA Naples MWR Fitness professionals. Follow one series or mix-and-match workouts. Details each series are available at the Capodichino Fit Zone or Support Site Fitness Forum front desk.

### **Body Pump/Bar Metcon**

40- to 45-minute workout for Cardio and Strength Training

Alternate options, do each twice a week

Option A: Workout on any cardio machine

Option B: Workout on any cardio machine

### **Cardio**

40- to 45-minute workout for Interval and Incline Training

Option A: Workout on any cardio equipment (Interval Training)

Option B: Workout on treadmill (Incline Training)

Option C: Workout on stationary bike, elliptical or Arc Trainer (Interval Training)

Option D: Workout on rower (Interval Training)

### **Exercise Band Metcon**

40- to 45-minute workout for Cardio and Strength Training.

Alternate options, do each twice a week

Option A: Workout on any cardio machine

Option B: Workout on any cardio machine

### **HIIT/WOD Metcon**

40- to 45-minute workout for Cardio and Strength Training

Alternate options, do each twice a week

Option A: Requires no equipment, repeat as many rounds in 40 minutes

Option B: Requires no equipment, repeat as many rounds in 40 minutes

### **Spin**

40- to 45-minute workout for Cardio Training.

Do three classes each week (same series or alternate options)

Spin by Kari

Spin by Maria

Each class has a full music playlist accessible on Spotify.

### **Yoga**

40- to 45-minute workout that follows the Vinyasa (flow) style of yoga.

Three classes per week that include instruction in breathing exercises, sun salutations, standing poses, balance poses and skillful transitions between postures.