

LEGENDS GYM
Virtual Training – Fitness Outreach
30-Day Fitness Challenge
(www.legendsgym.com)

Educate

Week 1

- A) Watch club walkthrough and drone tour on homepage.
- B) Click on “Fitness Challenge” tab. Watch the *Fitness Challenge* video for full details.
- C) Click on “Easy Journey” tab. Watch *Easy Journey to Fitness* video.

Week 2

- A) Click on “Easy Journey” tab. Watch the *Nutrition 101* video.
- B) Click on “Easy Journey” tab. Watch the *Supplements* video.

Week 3

- A) Click on “Easy Journey” tab. Watch the *Cardio Training* video.
- B) Click on “Easy Journey” tab. Watch the *Advanced Strength Training* video.

Week 4

- A) Go to “Trainer’s Corner” tab. Click the “Legends Library of Exercises” tab. Click on any body part and see multiple exercises that you can add to your workout as you desire. Try to watch all these separate videos throughout the week. See why Legends Gym is truly about TOTAL FITNESS for everyone’s goals.

Participate

Week 1

Go to “Trainers Corner” tab. Click the “Legends Library of Exercises” tab. Click on the “Demo of Legends Strength Circuits”. Scroll down and click on the Hoist full body strength circuit video. After you watch the video, ask our front desk receptionist for the workout card for this circuit. Follow directions on card and have a great workout. You will do this circuit for the first week.

Week 2

Follow exact directions from above but watch the Cybex full body strength circuit video. Do this circuit for one week. This circuit is listed on the same workout card from previous week.

Week 3

Follow exact directions from above but watch the Magnum full body strength circuit video. Do this circuit for one week. This circuit is listed on the same workout card from previous week.

Week 4

Go to the “Trainer’s Corner” tab. Click either the men or women workouts. Watch the videos and pick your next advanced full body workout when you are ready. Get with Cody for the workout card that matches the number on the video. Start rotating your workouts each week, or with each visit so that you don’t get bored, and you will see results much faster.

We suggest that each person doing this challenge starts off only 3 days per week (every other day) on the full body strength programs designed. We recommend doing a 5-minute warmup on bike, treadmill, etc., before doing your strength training and building up to a 30-minute cardio workout, rotating different machines at the end of the strength program. Key words: start slow and build up as tolerated. Consult your physician before starting any fitness program. This program was not designed for advanced athletes. It was designed for the 70% of the population that are tired of being tired, and really need help with direction and motivation. This program is designed to start you right where you are today and take you where you want to be! Legends has been bringing TOTAL FITNESS since 1995, get with staff when you’re ready to move to a more advanced workout program.