

THE KIDS ARE BACK
IN SCHOOL

WORKOUT



GUIDE

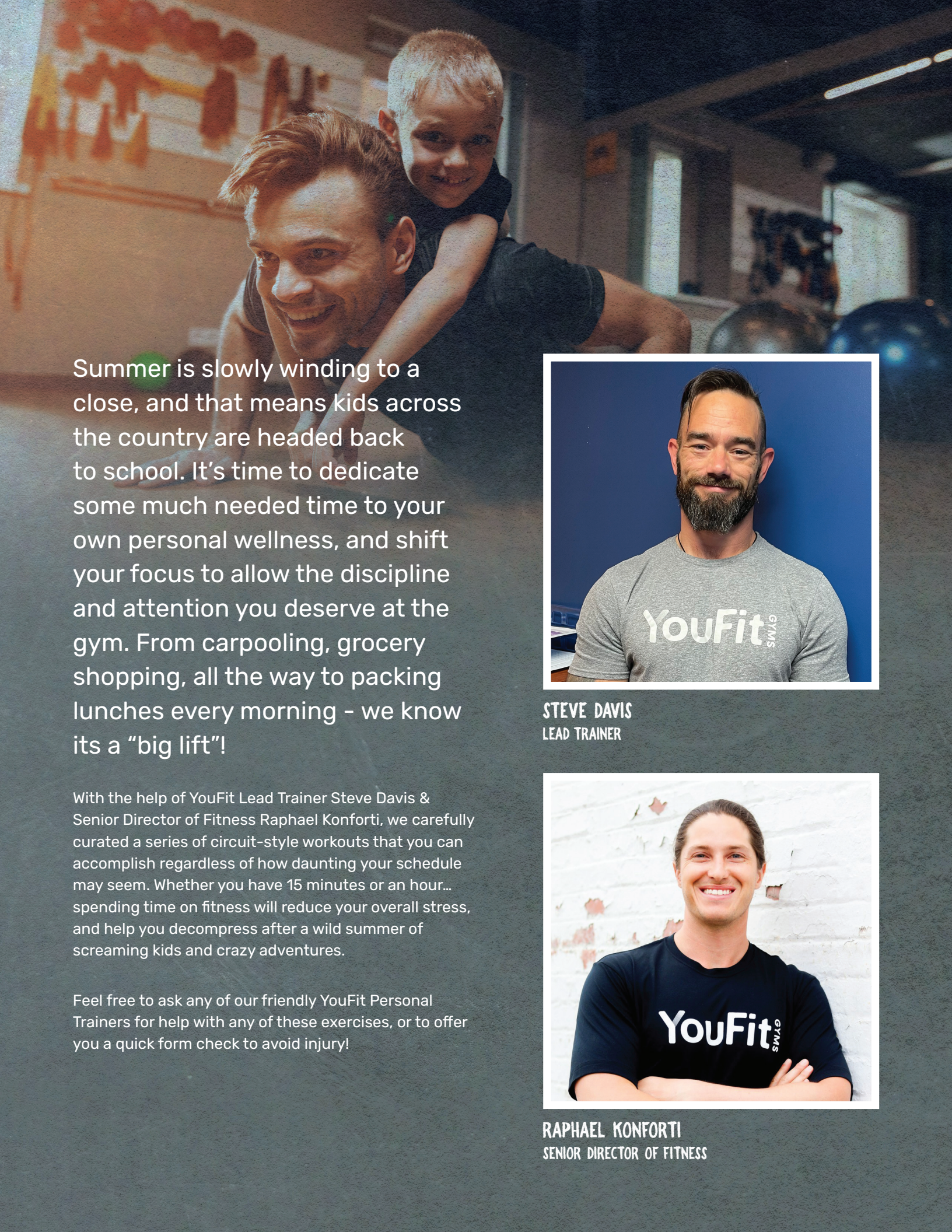


YouFit GYMS

The Kids Are Back In School... **Let's Get Back to You!**

A circuit-inspired workout guide for parents
on-the-go designed by YouFit Trainers

GYMS
YouFit



Summer is slowly winding to a close, and that means kids across the country are headed back to school. It's time to dedicate some much needed time to your own personal wellness, and shift your focus to allow the discipline and attention you deserve at the gym. From carpooling, grocery shopping, all the way to packing lunches every morning - we know its a "big lift"!

With the help of YouFit Lead Trainer Steve Davis & Senior Director of Fitness Raphael Konforti, we carefully curated a series of circuit-style workouts that you can accomplish regardless of how daunting your schedule may seem. Whether you have 15 minutes or an hour... spending time on fitness will reduce your overall stress, and help you decompress after a wild summer of screaming kids and crazy adventures.

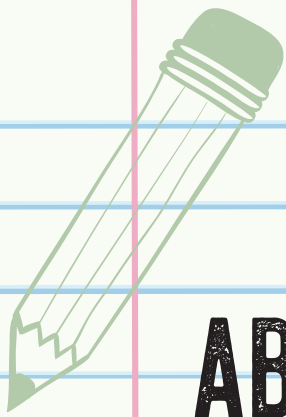
Feel free to ask any of our friendly YouFit Personal Trainers for help with any of these exercises, or to offer you a quick form check to avoid injury!



STEVE DAVIS
LEAD TRAINER



RAPHAEL KONFORTI
SENIOR DIRECTOR OF FITNESS



Hydration is Key! By drinking your body weight in ounces of water, you can speed up your metabolism by nearly 30%!

AB-SOLUTELY BUSY

(30 MINUTES OR LESS)

Short on time but still want to squeeze in a power-packed sweat sesh? These workouts are perfect for those just getting their footing around the gym, or those who are itching to get moving after a long day of meetings.



CIRCUIT ONE

MOVEMENT	REPS/TIME	SETS	REST
Incline Chest Press / Body Squats	12 / 30 secs	4	30 secs
Leg Curls / Pushups	12 / 30 secs	4	30 secs
Supported Row / High Knee March	12 / 30 secs	4	30 secs
Back Extension / Ab Push	12 / 30 secs	4	30 secs

CIRCUIT TWO: BODYWEIGHT

MOVEMENT	REPS/TIME	SETS	REST
Pushups	30 secs	4	30 secs
Lying Leg Lifts	30 secs	4	30 secs
Body Squats	30 secs	4	30 secs
"Bench" Dips	30 secs	4	30 secs
Jumping Jacks	30 secs	4	30 secs



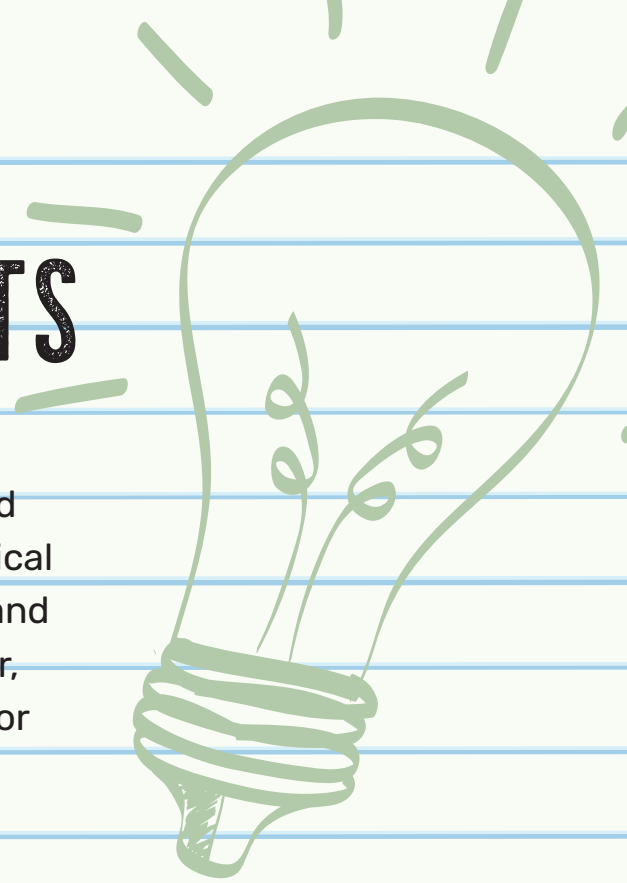
CIRCUIT THREE: ABS

MOVEMENT	REPS/TIME	SETS	REST
Slam Ball Plank	30 secs	3	30 secs
Single Arm Farmers Walk	30 yards each side	3	30 secs
Cable Woodchop	10-12 each way	3	30 secs
Alternating Shoulder Tap Plank	20 taps total	3	30 secs
Hands to Feet Crunch	12-15 total	3	30 secs

POWERFUL PARENTS

(30-60 MINUTE WORKOUTS)

For most healthy adults, experts recommend an average of 30 minutes of moderate physical activity each day. While a mixture of cardio and strength training is ideal for any fitness-goer, these workouts designed around all the major muscle groups are perfect once the kids are dropped off at school, and the day is yours!



CIRCUIT ONE: FULL BODY

MOVEMENT	REPS/TIME	SETS	REST
Leg Press	12-15	4	45 secs
Tricep Pressdown	12-15	4	45 secs
Overhead Press	12-15	4	45 secs
Leg Extensions	12-15	4	45 secs
Chest Fly	12-15	4	45 secs

CIRCUIT TWO: FULL BODY

MOVEMENT	REPS/TIME	SETS	REST
Incline Pull	12-15	3	30 secs
Lat Raise	12-15	3	30 secs
Leg Curl	12-15	3	30 secs
Step Ups	30 secs	3	30 secs
Rear Delt Fly	12-15	3	30 secs



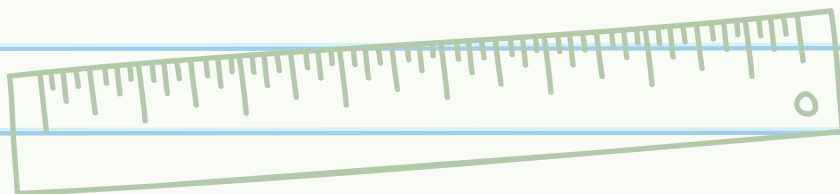


Brown Bag Lunches No More! Premium+ Members can take advantage of our nutrition program, EatLove, offering personalized recipes, smart restaurant choices, and dietitian-led educational series.



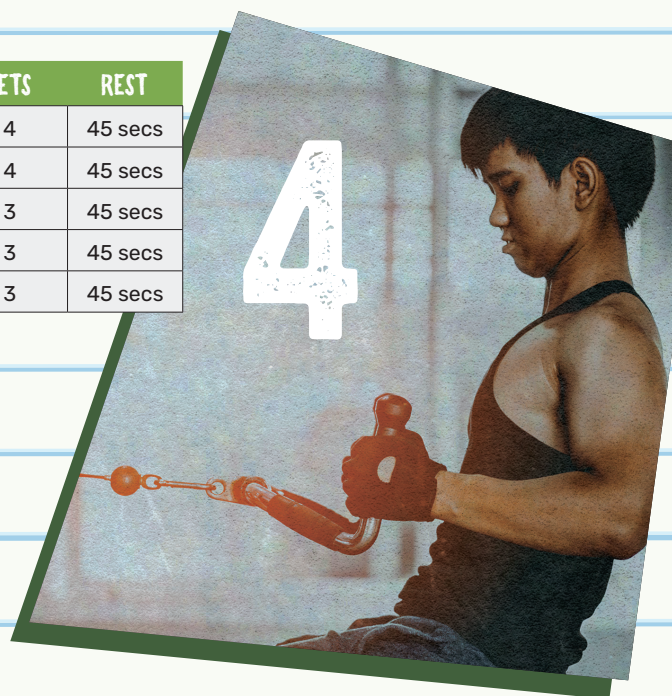
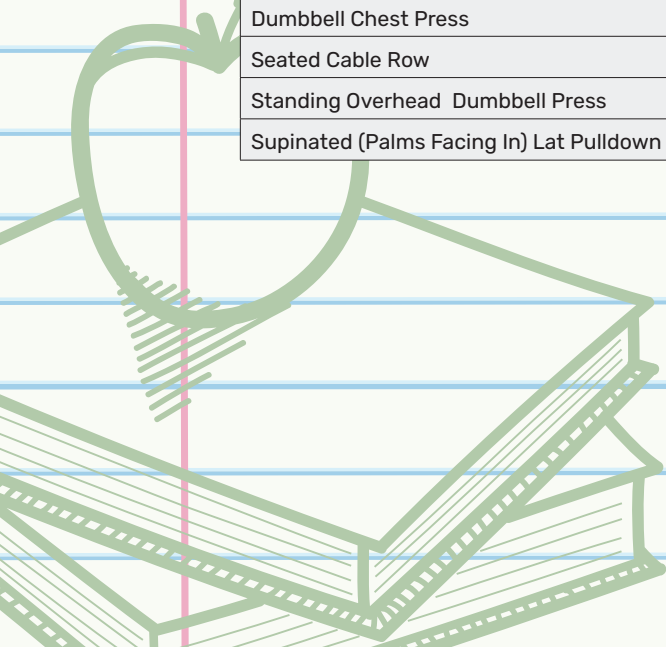
CIRCUIT THREE: LOWER BODY

MOVEMENT	REPS/TIME	SETS	REST
Goblet Box Squats	8-10	4	45 secs
Dumbbell Step Ups	8-10 per leg	4	45 secs
Lateral Lunge	10-12	3	45 secs
Dumbbell Bent Knee Deadlift	10-12	3	45 secs
Standing Calf Raises	12-15	3	45 secs



CIRCUIT FOUR: UPPER BODY

MOVEMENT	REPS/TIME	SETS	REST
Bent Over Dumbbell Row	8-10	4	45 secs
Dumbbell Chest Press	8-10	4	45 secs
Seated Cable Row	10-12	3	45 secs
Standing Overhead Dumbbell Press	10-12	3	45 secs
Supinated (Palms Facing In) Lat Pulldown	12-15	3	45 secs



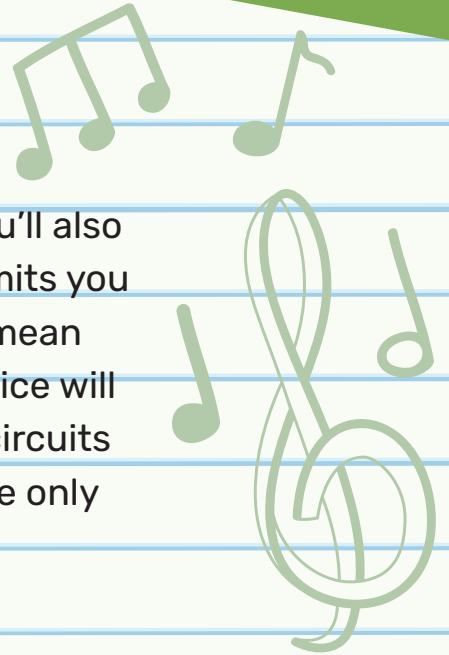


Make Your Own Report Card! Set realistic fitness goals for yourself that are easily achievable, so you'll be able to build confidence right out the gate!

SUPER SETTERS

(60+ MINUTE WORKOUTS)

Not only do longer workouts burn more calories, you'll also discover new ways of pushing your body beyond limits you never thought possible. Longer doesn't necessarily mean better, but the mental & physical benefits you'll notice will start manifesting in no time. Try one of our longer circuits below for a challenging workout - the kids aren't the only ones with homework!



CIRCUIT ONE: FULL BODY

MOVEMENT	REPS/TIME	SETS	REST
Leg Press	12-15	3-4	45 secs
Overhead Press	8-12	3-4	45 secs
Leg Curls	12-15	3-4	45 secs
Incline Chest Press	8-12	3-4	45 secs
Supported Row	12-15	3-4	45 secs
Rear Delt Fly	8-12	3-4	45 secs
Body Squats / Lying Leg Lifts	15/30 secs	3-4	45 secs
Back Extensions	8-12	3-4	45 secs

CIRCUIT TWO: FULL BODY

MOVEMENT	REPS/TIME	SETS	REST
Chest Press	8-12	3-4	45 secs
Leg Extensions	12-15	3-4	45 secs
Lat Raise	8-12	3-4	45 secs
Tricep Extensions	12	3-4	45 secs
Bicep Curls	12	3-4	45 secs
Incline Row	10-12	3-4	45 secs
Prone Leg Curl	12-15	3-4	45 secs
Ab Push	15	3-4	45 secs

