



# January 2020

## 60 Day Fitness challenge MINI SESSIONS

Pre-registration required for programs with "\*\*\*" after title.



### 1. Lateral Side Flexion of the Neck

Muscles emphasized: sternocleidomastoid "SCM". Prolong your neck as much as possible and slowly drop your ear to your shoulder, ensuring that you are not collapsing your cervical spine. This stretch can be further developed and advanced by sitting on a chair and holding onto the bottom of the seat. This is going to make the tension down your arm and neck consistent, and thus it will let you target the upper traps.

### 2. Neck Rotation Stretch

Muscles emphasized: sternocleidomastoid "SCM". Begin by rotating your neck in a slow manner, while keeping your chin a bit elevated to isolate the SCM. For a deeper stretch, you will need to put pressure with the opposite hand from the direction that you are rotating.

SOURCE: 36 Pictures To See Which Muscle You're Stretching

<http://makeyourlifehealthier.com/36-pictures-to-see-which-muscle-youre->

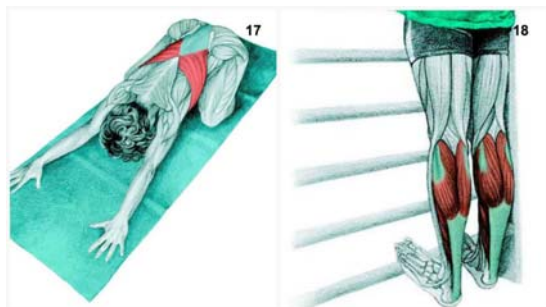
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 <b>Arm Toning**</b> w/ Cheryl 12:30-1pm in Weight Room # 22286	21	22 <b>Cardio Blast &amp; Burn</b> w/ Virginia 7:35-8:20pm Craigflower	23	24	25
26	27	28	29 <b>Strong Core</b> w/ Virginia 7:35-8:20pm Craigflower	30 <b>Proper Squat**</b> using BOSU and Olympic Bar. (Cheryl) 1:30-2:15pm #22287	31	



# February 2020

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### 1. Child's Pose

Muscles emphasized: latissimus dorsi. Being on the ground with your hands and your knees on the floor, slowly bring your hips back until your forehead is on the floor. If you want a better stretch in your hips, you should bring your knees wider. Your upper back should be positioned in the shape of an arch, and then you should externally rotate your shoulders to stretch your lats and chest muscles.

### 2. Standing Calf Stretch

Muscles emphasized: soleus and gastrocnemius. This stretch can be performed on a rack or on the edge of a stair step. Rotate your ankles a bit towards inside and outside to actively stretch your calf muscles.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 <b>Booty-licious</b> w/ Eugene 8:15-9:00pm in Craigflower	4	5 <b>Waterfit Challenge</b> 7:05-7:50PM w/ Virginia In Pool	6	7 <b>TRX How To** w/ Ann</b> 5:45-6:45pm in Gym #22289	8
9	10	11	12	13 <b>Nothing but Core w/ Cheryl</b> 2:30-3pm in Craigflower	14	15
16	17	18 <b>No Equipment Workout ** w/ Lorraine</b> 8:00- 8:45pm in Lower Multi Purpose Rm # 22291	19	20	21	22 <b>Bootcamp** w/ Eugene</b> 1:30— 2:30pm In CrowsNest #22292
23	24	25 <b>“Yes, I should stretch more!” **w/ Lorraine</b> 8-8:45pm in Lower Multi Purpose Rm #22293	26	27	28 <b>TRX How To** w/ Ann</b> 5:45-6:45pm in Gym #22294	29

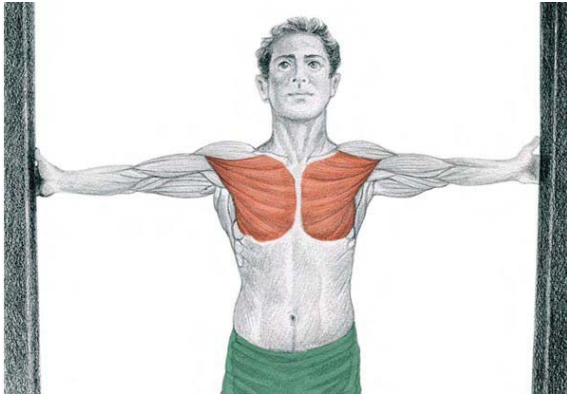
SOURCE: 36 Pictures To See Which Muscle You're Stretching

<http://makeyourlifehealthier.com/36-pictures-to-see-which-muscle-youre-stretching/>

# March 2020

## 60 Day Fitness challenge MINI SESSIONS

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**Muscles highlighted:** Pectoralis major

**Instruction:** Stand in front of a wall, its corner more precisely, and raise your arms out in the form of a cross (90 degrees abduction). Lean forward and bring the torso slowly closer to the corner. Many people make the following mistake while doing this exercise: they remain with the feet stationary allowing the torso to fall forward. You should do this exercise properly by moving forward slowly with small steps and by bringing at the same time the entire body closer to the corner with the arms lifted, or else you would be forcing the pectoralis muscles to contract so that they maintain the posture, when what you needed to do was to relax them so that they are adequately stretched.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 <b>Booty-licious</b> w/ Eugene 8:15-9:15pm in Craigflower	3	4	5 <b>Proper Squat**</b> using BOSU and <b>Olympic Bar.</b> (Cheryl) 1:30-2:15 #22295	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				