



# ARE YOU READY FOR A CHALLENGE?

## We're Dashing all the Weigh **Out** of 2021

This **feel-good holiday fitness challenge** is open to members AND non-members - see info below.

**Dates: Monday, November 29, 2021 - Sunday, January 9, 2022**

### CHALLENGE INFORMATION

- Six weeks of workouts, tips, demos, more
- Sign up November 3 - December 5
- Your personal challenge log is kept at the Y
- Record your journey and have a fitness staff member sign off on your page each week
- Must complete all 6 weeks and check-out

### FREE BONUS EXTRAS

- TRX demonstrations and Fascial Stretch Therapy sessions offered throughout Challenge
- Finish all six weeks to earn a fabulous long-sleeve "Dashing all the Weigh Out of 2021" t-shirt



### NON-MEMBERS

Purchase a *Two-Month Membership* ("Take 2") and you may participate in this Challenge. **BONUS:** Receive a free fit assessment at time of membership. Same registration dates apply. Members may invite friends and family to take a two-month membership to participate (one-time only offer).

### CONTACT

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### LAKELAND HILLS FAMILY YMCA

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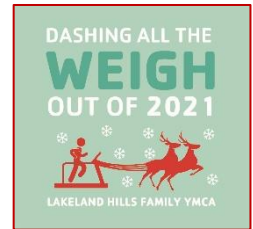
# Dashing All the Weigh

Sign Up Dates: November 3 - December 5  
Challenge Dates: November 29 - January 9

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	November 29 	November 30 <i>Last week to sign up</i>	December 1 <i>Last week to sign up</i>	December 2 <i>Last week to sign up</i>	December 3 <i>Last week to sign up</i>	December 4 <i>Last week to sign up</i>
December 5 <i>Take a copy of the workout</i>	December 6 TRX Demo 10:15am	December 7 Fascial Therapy 10am-Noon & 5-7pm	December 8 TRX Demo 10:15am	December 9 Fascial Therapy 5-7pm	December 10	December 11
December 12 <i>Take a copy of the workout</i>	December 13 TRX Demo 10:15am	December 14 Fascial Therapy 10am-Noon	December 15 TRX Demo 10:15am	December 16	December 17	December 18
December 19 <i>Take a copy of the workout</i>	December 20 TRX Demo 10:15am	December 21	December 22 TRX Demo 10:15am	December 23	December 24	December 25 
December 26 <i>Take a copy of the workout</i> 	December 27 TRX Demo 10:15am	December 28	December 29 TRX Demo 10:15am	December 30	December 31	January 1 We're open! <i>Take a New Year's Day class today</i> 
January 2 Take a yoga class this week <i>(see schedule)</i>	January 3 TRX Demo 10:15am	January 4	January 5 TRX Demo 10:15am	January 6	January 7	January 8
January 9 <b>LAST DAY</b>						



## DASHING ALL THE WEIGH *OUT OF 2021* FITNESS CHALLENGE LAKELAND HILLS FAMILY YMCA



### Week 1: November 29 - December 5

- **Workout:** 8 x 8 Workout (3 rounds of 8 exercises with medium-weight dumbbells)
- **Wellness tip:** Drink 16 ounces of water first thing in the morning
- **Why:** Overnight, during sleep, your body was working hard! The brain performs important housekeeping, the digestive system processes and moves food toward the exit, and hormones reset with their intrinsic circadian rhythm. During this restorative time, water is depleted and unrestored, so starting with water upon waking is imperative to rehydrate cells of all systems and ensure optimal functional. Drinking water early and often can ward off headaches.

### Week 2: December 6 - December 12

- **Workout:** Cardio Core
- **Wellness Tip:** Take two belly breaths before each meal
- **Why:** It is important to get the body into a rest-and-digest state while eating for better digestion, nutrient absorption, and satisfaction from meals. Eating while standing, walking, or driving expresses that energy should be directed elsewhere, and that can set you up for indigestion and mindless eating.
- **Fascial Stretch Therapy:** December 7 from 10am-12pm and 5:00-7:00pm & December 9 from 5:00-7:00pm
- **TRX Demos:** December 6 & 8 @ 10:15am

### Week 3: December 13 - December 19

- **Workout:** Band Workout
- **Wellness Tip:** Eat at least one serving of cruciferous veggies
- **Why:** Cruciferous vegetables are particularly supportive for the detoxification processes of the master organ - the liver. This means that your body is better able to separate and recycle out harmful substances. Cruciferous veggies are renowned for their phytonutrients, officially called gluco-sin-o-ates. Glucosinolates have been researched and are regarded as an important means to cancer prevention.
- **Fascial Stretch Therapy:** December 14 from 10:00am-12:00pm
- **TRX Demos:** December 13 & 15 @ 10:15am

### Week 4: December 20 - December 26

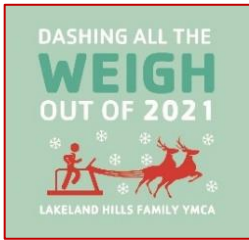
- **Workout:** Dumbbell Strength Workout
- **Wellness Tip:** Choose unpackaged (minimally processed) snacks
- **Why:** Packaged snacks tend to be high in energy (calories, but low in nutrients). The key to a great snack is the inclusion of protein and fiber to balance blood sugar between meals
- **TRX Demos:** December 20 & 22 @ 10:15am

### Week 5: December 27 - January 2

- **Workout:** New Year's Day classes (see schedule for details)
- **Wellness Tip:** Get some fresh air and step outside
- **Why:** Spending time outside can help you reduce stress, lower your blood pressure, and be more mindful. Studies have even shown that getting outside can help reduce fatigue, making it a terrific way to overcome symptoms of depression or burnout. Getting outside can also help you sleep better at night, especially if you add movement, such as a quick walk around the block.
- **TRX Demos:** December 27 & 29 @ 10:15am

### Week 6: January 3 - January 9

- **Workout:** Take a Yoga class (see schedule)
- **Wellness Tip:** Stop eating after 8:00pm
- **Why:** Insulin sensitivity decreases as the day goes on, which means energy from food is more likely to stay roaming around in the blood and stored as unused fuel (fat storage). Eating close to bedtime can also hinder the quality of sleep, which impacts hunger / fullness hormones the following day. As long as meals have been steady throughout the day, snacking after dinner is unnecessary.
- **TRX Demos:** January 3 & 5 @ 10:15am



**DASHING ALL THE WEIGH *OUT OF 2021* FITNESS CHALLENGE**  
**LAKELAND HILLS FAMILY YMCA**  
**WEEKLY WORKOUTS**



**Week 1: November 29 - December 5**

**Workout: 8 x 8 Workout (3 rounds of 8 exercises with medium-weight dumbbells)**

Overhead squat press	Renegade rows	Alternate reverse lunges with side lateral raises	Sumo squats
Romanian deadlift (RDL) with a row / fly	Hollow hold crunch	Squat bicep curl	Overhead triceps extension

**Week 2: December 6 - December 12**

**Workout: Cardio Core (ladder down) 10 reps, then 9 reps, all the way to 1 rep**

Squat jumps	Lateral hops (right / left is <u>one</u> rep)	Mountain climbers (right / left is <u>one</u> rep)
Lateral lunges (3x) push off & lift knee up/brace core	Half burpee (don't come all the way up – stay in low squat)	Plank (right knee to left elbow to right elbow is <u>one</u> rep)

**Week 3: December 13 – 19**

**Workout: Band Workout (mini band) 8 – 10 reps x 3 rounds**

Squat with bands around wrists – hold at the bottom and pull bands out	Jumping jacks with bands around legs	Place band around ball of right foot; add a row then switch leg and arm
Plank with bands around wrists – slide arm out and perform a pushup	Walking lateral squats; band around thighs	Bridge with band on thighs; do an adduction and abduction

**Week 4: December 20 – 26**

**Workout: Dumbbell Challenge with heavy weights (12-15 bls), 3 sets of 10**

Split squats (tap back, knee down)	Bicep curls	Half-kneeling press
Row to tricep extension	Goblet squats	Arnie presses
Roll up with dumbbell press overhead		

**Week 5: December 27 - January 2**

**Workout: Take a New Year's Day class (see schedule)**

**Week 6: January 3 - January 9**

**Workout: Take a Yoga class (see schedule)**