




## Community Recreation - Program 2 (Strength)

**Perform all repetitions slowly: 2 seconds contraction, 4 seconds return**

| <u>Equipment Piece</u>   | <u>Exercise</u>                            | <u>Muscles Activated</u>         | <u>Level 1</u>                          | <u>Level 2</u>                       |
|--|--|----------------------------------|---|--------------------------------------|
|  <b>Rowing Machine</b>      | Continous Rowing (Warm-up)                 | Full Body                        | 5 to 10 minutes (slow to moderate pace) | 5 to 10 minutes (moderate pace)      |
|  <b>Double Leg Press</b>    | 1) Leg Press, both legs                    | Quadriceps, Gluteals, Hamstrings | 1 to 2 sets (10 to 12 reps each)        | 2 to 3 sets (12 to 15 reps each)     |
|  | OR: Leg Press, one leg                     | Quadriceps, Gluteals, Hamstrings | 1 set (10 to 12 reps) each leg          | 1 to 2 sets (12 to 15 reps) each leg |
|  <b>Double Sit-Up Board</b> | Crunches:<br>Start from top then lean back | Core                             | 1 to 2 sets (10 to 15 reps each)        | 1 to 2 sets (15 to 20 reps each)     |

**Only a portion of this exercise circuit is shown.  
Contact us with any questions regarding these routines which are provided free with the purchase of any of our Fitness Packages.**