

## Xtraining program for the Gym on the weekends

*# Time yourself each time you complete the program and try to beat your time each session!*  
Start with a - Warm up (5 min easy walking on the treadmill)

### Start the clock!

- 100 strides on the Cross Trainer (Level 6-8 depending on your fitness)
- 800m Row
- 50 Push ups
- 1km Run
- 50 Sit ups
- 3km Bike ride (Level 6-8 depending on your fitness)
- 50 Tricep Dips
- 50 Fast Squats (more advanced fitness can do bar pull ups)

### Stop the clock!

Record your time

Session 1 \_\_\_\_\_

Session 2 \_\_\_\_\_

Session 3 \_\_\_\_\_

Finish with stretches

Lower Back, Glutes, Hamstrings, Calf, chest, arms/shoulder

