

ZONE 2 *SelectORIZED*

Expected workout time: 30–35 minutes

WARM-UP

- Be sure to properly warm up your muscles before starting.

MAIN SET (rest between exercises)

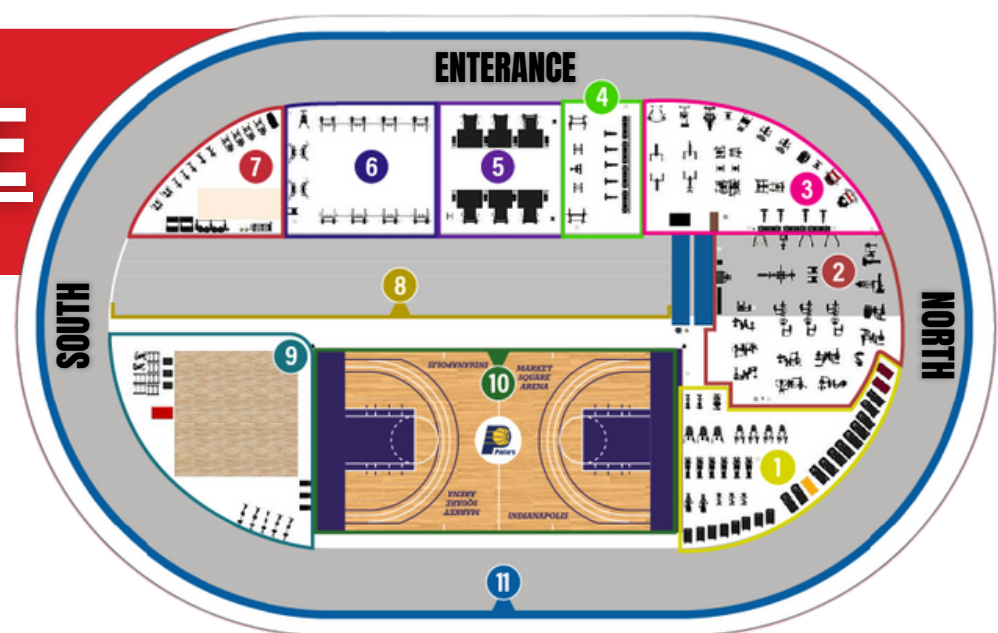
- Hamstring Curl - 3x10 (Cybex Leg Curl Machine)
- Quad Extension - 3x10 (Cybex Leg Extension Machine)
- Bicep Curl - 3x10 (Cybex Arm Curl Machine)
- Triceps Extension - 3x10 (Cybex Triceps Press Machine)
- Crunches - 3x10 (Cybex Abdominal Machine)

COOL DOWN

- Take a lap around the track to lower your heart rate.

Speak to a Health Fitness Specialist if you have questions about this workout!

SUBMIT YOUR ZONE



Submit your workout for a chance to win a free  DEKA™ competition entry!