

STRONG 2.0 WEEK 2 : BELIEVE

OCTOBER 24TH - OCTOBER 30TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Believe in Yourself and be sure to do a 5 minute warm up before hand and stretch afterwards! Here is a link to our Personal Trainers demonstrating the moves for Backs and Biceps. Attempt to do three sets of 10-12 reps for each exercise.</p> <p>https://youtu.be/rBcjCO2L0T0</p> <p>Bent Over Row Hammer Curl Arnold Press Banded Bicep Curl Prone Snow Angels</p>	<p>On the Hour Challenge. Each exercise should be 30 seconds to 1 minute at a time. Try to accomplish these bursts of exercise for 3-5x during the day. What can you do? Jumping Jacks, march or jog in place, take a lap around the house or workplace, do the stairs, knee lifts, pushups, squats or lunges just to name a few. Set your watch alarm hourly. Get up! Get moving! Get the benefits and the joy of movement!</p>	<p>Join Denise for her 9AM Mixed Level Yoga class in PR 1. Can't attend? Her class will also be livestreamed on our Facebook page.</p>	<p>Believe in the power of stretching with Wendy's 10:15AM Mat Fusion class in PR 2. Can't attend? The class will also be posted on our Strong 2.0 Facebook page.</p> <p>Recipe Wednesday: https://maesmenu.com/recipes/healthy-sweet-potato-souffle/#my-creation-106-jtr</p>	<p>Join Udit at 6:15PM in MPR 1 for Part 2 in his Meditation Series: Secrets to Meditation Link to sign up here: https://calendly.com/kcymca/strong-2-0-meditation-series-part-2-secrets-to-meditation</p>	<p>Join Wendy for her 10:15AM Mat Fusion class in PR 2. Can't attend? We'll upload her class to our Strong 2.0 Facebook page. Link here: https://www.facebook.com/groups/253458129527001</p>	<p>How's the Sprint 8 Challenge going? To refuel from the week try this tasty recipe: https://www.foodnetwork.com/recipes/giada-de-laurentiis/lemony-shrimp-scampi-with-orzo-and-arugula-recipe-2127412</p>