

Biggest Loser Olympics

01.

ENDURANCE

12/1 - 12/7

STRENGTH

12/8 - 12/14

03.

AGILITY/BALANCE

12/15 - 12/21

MIXED EVENTS
12/22 - 1/4 (2 weeks)

05.

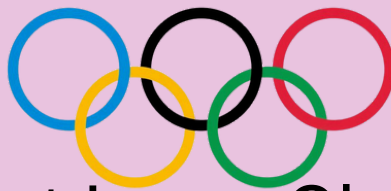
SPRINT

1/5 - 1/11

TEAM RELAY

1/12 - 1/18

06.



Biggest Loser Olympics

ENDURANCE

Week 1: 12/1 - 12/7

1. Do 30 min. Cardio of your choice
2. Take a Ride Class (in person or virtual)
3. Plank Hold as long as possible (3 Sets)
4. Airodyne Bike 3 min burning as many calories as possible (3 sets)
5. Walk 10,000 steps for the day

STRENGTH

Week 2: 12/8 - 12/14

1. Lift 30 min., your choice
2. Take a Strength Based Group Ex Class
3. Take a Small Group Training Class (not Biggest Loser)
4. Use the Assisted Pull up Machine (3 sets)
5. Wall Sit for as long as possible

AGILITY/ BALANCE

Week 3: 12/15 - 12/21

1. Do a Yoga/Stretch workout 20 min. or more
2. Take a group class, yoga or bodybalance
3. Use a medicine ball and do the russian twist (3 sets)
4. Do the exercise Skaters and Squat Jumps, 3 sets each (step skaters and high knees alternative for low-impact).
5. Do a team shuttle run on the gym floor or sled push on the turf strip (each person must push and pull)

MIXED EVENTS

Week 4-5: 12/22 - 1/4

1. Row/Squat Pyramid (1 min row, 1 min squat, 2 min each, 3 min each, 2 min each, 1 min each)
2. Take a circuit or bootcamp or HIIT class
3. Do a 20 min or more workout on the Climbr located in the upstairs workout area
4. Do the AMRAMP from our physical challenge
5. Do a mixed cardio event with 3 different forms of cardio of at least 10 min each (row, bike, swim, treadmill, stair climber, elliptical, etc.)

SPRINT

Week 6: 1/5 - 1/11

1. Max calorie row in 30 seconds (3-5 sets)
2. Most box jumps or step ups in 30 seconds (3-5 sets)
3. Airodyne Bike max calories in 30 seconds (3-5 sets)
4. Track Sprint, 30 secs (3-5 sets)
5. Broad Jumps, 30 secs (3-5 sets)

TEAM RELAY

Week 7: 1/12 - 1/18

1. Do a Group ex class with a teammate
2. Go on a walk or jog with a teammate
3. Do a 30 min strength workout with a teammate
4. Share recipe ideas for meal prep with a teammate
5. Do a group sled relay, each person doing one push and one pull (5 person min.)