

JUNE

Workout of the Month



Sled Push

By Travis Jacobson



Sled Workout

Start with the front of the sled at the blue tape labeled “Start Here” on the bottom of the east aerobics studio door. Push the sled to the end of the hall so the front of the sled crosses the blue tape labeled “Stop Here”. Do 10 push-ups then push the sled back to the “Start Here”. Do 10 body squats.



Repeat above process 3 times. Workout ends when front of sled crosses the blue “Start Here” tape.

(DO NOT do a third set of body squats.)

(Total amount of each exercise: 6 lengths of the hallway, 3 push-up sets, 2 body squat sets)

For every 10% of your body weight you add to the sled you can take of 5secs of your total time. Round down to closest weight possible with the rubber circle weights here at the gym. (weights available: 2.5lbs, 5lbs, 10lbs, 25lbs, 35lbs, 45lbs.) No limit to amount of weight added.

Modified Sled Workout

For a modified version you can use the AB Dolly with wheels instead of the sled.

Push-ups against the wall.

Body squats holding onto the rail by the drinking fountains.

