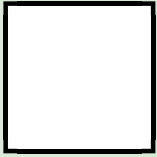


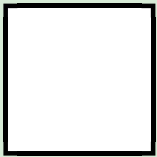
COOPER CITY PARKS & RECREATION



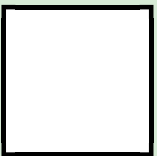
GYM TIME EXERCISE



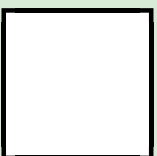
Session 1



Session 2



Session 3



Session 4

COOPER CITY PARKS & RECREATION



GYM TIME EXERCISE



Session 1

Warm up for 15 minutes

Choose 1 Exercise:

- Treadmill
- Elliptical
- Bicycle



Session 2

Work on 1 specific muscle group for 15 minutes

Choose 1 Muscle (3 exercises 3 sets of 12 reps)

- Legs
- Arms
- Chest
- Back



Session 3

Work out for 15 minutes

Choose 1 Muscle (3 exercises 3 sets of 12 reps)

- Abs/core
- Stretching



Session 4

Cool down for 15 minutes

Choose 1 Exercise:

- Treadmill
- Elliptical
- Bicycle