

# Titan Workouts!

- Recommendations for strengthening 2-3 days per week
- Beginners: 1 set of 10 repetitions – Increase the sets as you feel comfortable
- Intermediate: 2 sets of 10 repetitions
- Advanced: 3 sets of 10 repetitions (shorter rest)
- If your local park does not have all the exercise equipment, add some of the body weight exercises into your routine (listed below)
- Don't forget to add a warm-up before and flexibility afterwards

Exercise	Target of Exercise	Description
Shoulder Press	Arms/Shoulders	Push the handles up as you exhale, inhale as you lower the weight to starting point
Pull-Up (Advanced exercise)	Arms/Shoulders	Grab bar with palms of hand facing away from you. Pull body upward bringing your elbow to your side. Slowly extend your arms as you return to your original position
Lat Pull Down	Back/Shoulders/Arms	Grip handles overhead with palms facing away from body, pull handles down and keep elbows close to rib cage
Row Machine	Shoulders/Abdomen/Back	Pull elbows back. Pinch shoulders blades, keeping shoulders down and core tight, then return to start
Chest Press	Chest/Shoulders/Arms	While sitting tall with feet on foot rest, grip handles and push arms outward, return slowly
Reverse Butterfly	Shoulders/Back/Arms	Grip handles and with rounded arms, pull elbows out and pinch shoulder blades, return slowly
Oblique Twist Station	Stretches Abdomen	Sit on chair or stand on platform. Tighten abdominal muscles and with shoulders facing forward, twist to the side. Repeat on other side.
Pendulum	Abdomen/Back	Stand on platform and grip handles; while maintaining slightly bent knees and elbows, swing back and forth
Abs	Abdomen	Place back against the mat and elbows on cushion; raise and lower your legs while tightening your stomach
<b>Alternative activities if equipment is not available</b>		
Push-ups*	Arms/Chest	Place hands on ground about shoulder width apart and push up
Plank*	Abdomen	Place forearms on ground and extend legs so you are on your toes. Keep your body in a straight line.
Arm circles*	Arms/Shoulders	Stand straight and have both arms out to the side at shoulder height. Keep your arms up and make small circles forwards or backwards.

\*From the body weight video