

Music Madness Workout

Choose one of your favorite playlists. Perform the exercise in each item for the length of one song, doing as many good quality reps as possible during the song. When the next song starts move to the next item and perform that action for the length of the song. Continue until you have finished the workout.

Have fun and choose your playlist wisely.

- Jumping jacks
- Active rest (walk, arm swings, leg swings)
- Push-ups
- Rest
- Squats
- Active rest
- Plank
- Stretch



This workout should take between 30 and 40 min, unless you happen to have a playlist consisting Metallica and Tool, in which case....Good luck lol. Remember to perform good quality reps and pace yourself because you are performing that exercise for a whole song. Have fun, stay safe and stay active.



For additional informations regarding this MWR Fitness Center Resource, contact Recreation Assistant - Personal Trainer Chris Chisholm.

**TO MAKE FITNESS CENTER RESERVATIONS
CALL: 269-961-5350 or 269-961-7105**