

FITGym Weekly Pin-Loaded

WORKOUT PLAN

All exercises are **Sets: 3** **Reps: 10 - 12**

DAY FOUR - BACK & ARMS

Warm Up

- 5 min row
- Cat/cow stretch
- Shoulder rolls
- Light dumbbell curls

Exercise

- Lat Pulldown
- Reverse Fly
- Bilateral Arm Curl
- Back Extension
- Bicep Curl Machine

DAY FIVE - FULL BODY & CORE

Warm Up

- 5 min cardio of choice
- Bodyweight squats
- Shoulder rolls
- Inchworms

Exercise

- Leg Press
- Chest Press
- Lat Pulldown
- Deadbugs
- Ab Crunch Machine

NOTES

- Start with a weight that feels challenging but comfortable.
- Focus on controlled movement and good technique.
- Rest around 45–90 seconds between exercises.
- Do some light stretches at the end of your workout to help with muscle recovery.
- Aim to complete 2–5 days per week depending on schedule and recovery.
- Ask a trainer or staff anytime if you'd like help adjusting machines or progressing exercises.

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DAY ONE - GLUTES AND HAMSTRINGS

Warm Up

- 5 min bike or walk
- Bodyweight Squats
- Butt Kicks
- Bodyweight Glute Bridges

Exercise

- Leg Press (feet higher on platform)
- Seated Leg Curl
- Glute Press
- Prone Leg Curl
- Abductor

DAY TWO - SHOULDERS & CHEST

Warm Up

- 5 min row
- Arm Circles
- Band pull-aparts
- Incline push ups on bench/box

Exercise

- Chest Press
- Shoulder Press
- Pectoral Machine
- Deltoid Press
- Tricep Press

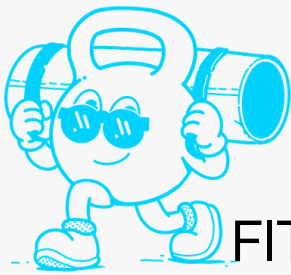
DAY THREE - QUADS & CALVES

Warm Up

- 5 min incline treadmill walk
- Bodyweight squats
- Walking lunges
- Calf raises

Exercise

- Leg Press (feel centre on platform)
- Leg Extension
- Standing Calf Machine
- Adductor Machine
- Goblet Squat with Kettlebell



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FITGym Weekly Snow-Focused **WORKOUT PLAN**

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DAY ONE - LOWER BODY STRENGTH

Warm Up

- 5 min bike or incline walk
- Bodyweight Squats
- Banded Lateral Walks
- Bodyweight Glute Bridges

Exercise

- Hack Squat
- Hip Thrust/Glute Drive Machine
- Seated Hamstring Curl
- Standing Calf Raises
- Sled Push

DAY TWO - UPPER BODY STRENGTH

Warm Up

- Ski Erg (easy pace)
- TRX Rows
- Arm Circles
- Push Ups (on knees if need)

Exercise

- Cable Row
- Lat Pull Down
- Shoulder Press Machine
- Tricep Push Machine
- Ab Crunch variation

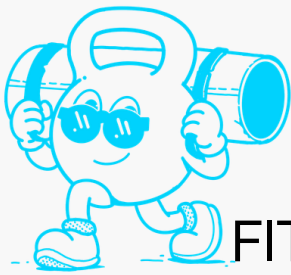
DAY THREE - CARDIO & MOBILITY

Cardio - Choose 2, 15 min each

- Row Erg
- Treadmill Incline Walk
- Flat Light Jog
- Elliptical / Cross Trainer
- Bike

Stretches

- Ankle Rocks
- 90/90 Hip Switches
- Hamstring Stretches
- Hip Flexor Stretches
- Calf Stretch



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DAY FOUR - POWER + CONDITIONING

Warm Up

- 5 min Stair Master
- Bodyweight Squats
- Lateral Lunges
- Arm Circles and Swings

Exercise

- Step Ups onto Box (or Box Jumps)
- Kettlebell Swings
- Farmer Carry
- Sandbag Lunges
- Cable Wood Chops

DAY FIVE - ACTIVE RECOVERY

Movement - 10 - 20 mins each

- Easy Bike
- Backwards Incline Treadmill Walk
- Full Body Stretches

Optional Recovery Room - Pick 2

- Compression Therapy - 30 mins
- Sauna - 30 mins
- Massage Chairs - 15 mins
- Red Light Therapy - 15 mins

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- Ask a trainer or staff anytime if you'd like help adjusting machines or progressing exercises.