Drive lean muscle development and strength with 3 workouts a week.

New to strength training? This 8-week Blue Hen Strong plan drives lean muscle development with high repetition full body and core strength workouts, and some heart pumping cardio mixed in. Each week gives you around 2-3 hours of workout time. If you don't have equipment, simply select the non-equipment option on the website. This program allows you to participate in different types of exercise to allow you to find which kind of exercise formats you are interested in and may want to continue after the 6 weeks are over.

What are you waiting for? In 8 short weeks, you will be feeling fitter and stronger. Review the workout plan on the following page. Plan these workouts on your calendar by using the monthly exercise tracker as a guide. Navigate the workouts by clicking on the hyperlinks on the specific days of the program. Choose a workout from the list of classes from our on-demand library of fitness classes that fits your schedule. On the days that you are planning to "rest," do active recovery activities that include walking, biking, or stretching to aid reaching your fitness goals.

If you have any questions, please email Employee Health and Wellbeing at wellbeing@udel.edu.
Drive lean muscle development and strength with 3 workouts a week. Plan your workouts using the monthly exercise tracker. Navigate the workouts by clicking on the hyperlinks below to view the list of classes from our on-demand library of fitness classes. Choose a workout from the list of classes that fits your schedule.

Workouts a week: 3
You'll need: Barbell & Plates, Dumbbells, Resistance Band, Mat, Step/ Bench

DAY 1
STRENGTH
BODYPUMP

DAY 2
CARDIO
BODYCOMBAT

DAY 3
You can choose to use this day as a rest day or do another activity.

DAY 4
You can choose to use this day as a rest day or do another activity.

DAY 5
You can choose to use this day as a rest day or do another activity.

DAY 6
STRENGTH
BODYPUMP

DAY 7
You can choose to use this day as a rest day or do another activity.

DAY 8
You can choose to use this day as a rest day or do another activity.

DAY 9
STRENGTH
CXWORX

DAY 10
You can choose to use this day as a rest day or do another activity.

DAY 11
HYBRID
CARDIO STRENGTH

DAY 12
You can choose to use this day as a rest day or do another activity.

DAY 13
You can choose to use this day as a rest day or do another activity.

DAY 14
STRENGTH
BODYPUMP

DAY 15
You can choose to use this day as a rest day or do another activity.

DAY 16
You can choose to use this day as a rest day or do another activity.

DAY 17
FLEXIBILITY
YOGA

DAY 18
CARDIO
ZUMBA TONING

DAY 19
You can choose to use this day as a rest day or do another activity.

DAY 20
You can choose to use this day as a rest day or do another activity.

DAY 16
You can choose to use this day as a rest day or do another activity.

DAY 22
CARDIO
BODYCOMBAT

DAY 23
STRENGTH
CXWORX

DAY 24
You can choose to use this day as a rest day or do another activity.

DAY 25
You can choose to use this day as a rest day or do another activity.

DAY 26
You can choose to use this day as a rest day or do another activity.

DAY 27
STRENGTH
BODYPUMP

DAY 28
You can choose to use this day as a rest day or do another activity.

Mark to complete: ✔️
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Plan your workouts using the monthly exercise tracker. Navigate the workouts by clicking on the hyperlinks below to view the list of classes from our on-demand library of fitness classes. Choose a workout from the list of classes that fits your schedule.

<table>
<thead>
<tr>
<th>Workouts a week: 3</th>
<th>You'll need:</th>
<th>Barbell &amp; Plates</th>
<th>Dumbbells</th>
<th>Resistance Band</th>
<th>Mat</th>
<th>Step/ Bench</th>
</tr>
</thead>
</table>

| DAY 29 - HYBRID CARDIO STRENGTH |
|DAY 30 - CARDIO STRENGTH BODYPUMP You can choose to use this day as a rest day or do another activity. |
|DAY 31 - STRENGTH BODYPUMP |
|DAY 32 - CARDIO ZUMBA TONING You can choose to use this day as a rest day or do another activity. |
|DAY 33 - STRENGTH CXWORX You can choose to use this day as a rest day or do another activity. |
|DAY 34 - HIIT GRIT CARDIO |
|DAY 35 - HYBRID CARDIO STRENGTH |
|DAY 36 - HYBRID CARDIO STRENGTH |
|DAY 37 - HYBRID CARDIO STRENGTH |
|DAY 38 - HYBRID CARDIO STRENGTH |
|DAY 39 - HYBRID CARDIO STRENGTH |
|DAY 40 - HYBRID CARDIO STRENGTH |
|DAY 41 - HYBRID CARDIO STRENGTH |
|DAY 42 - HYBRID CARDIO STRENGTH |
|DAY 43 - HYBRID CARDIO STRENGTH |
|DAY 44 - HYBRID CARDIO STRENGTH |
|DAY 45 - HYBRID CARDIO STRENGTH |
|DAY 46 - HYBRID CARDIO STRENGTH |
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|DAY 49 - HYBRID CARDIO STRENGTH |
|DAY 50 - HYBRID CARDIO STRENGTH |
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|DAY 52 - HYBRID CARDIO STRENGTH |
|DAY 53 - HYBRID CARDIO STRENGTH |
|DAY 54 - HYBRID CARDIO STRENGTH |
|DAY 55 - HYBRID CARDIO STRENGTH |
|DAY 56 - HYBRID CARDIO STRENGTH |

Mark to complete: ✔