MARCH WORKOUT CHALLENGE

MON 15
Walking Lunges w/ weight
Squats w/ weight
Hip Bridges
Side Lunges
Side Lying Leg Lifts
Sets of 30

TUES 16
REST DAY

WED 17
Boat Twists
Boat Twists w/ Raised Legs
Bicycle Crunches
Vertical Leg Crunches
Sit Ups
Legs Lifts
Sets of 30

THURS 18
Push Ups
Chair Dips
Overhead Press w/ Weight
Alternating Hammer Curls
Bent Over Rows
Sets of 30

FRI 19
Dumbbell Lunges
Dumbbell Deadlifts
Hip Bridges
Leg Extensions
Rear Lunges
Sets of 30

SAT 20
REST DAY

HEALTHY CROCKPOT RECIPE IDEAS

Crockpot Honey Garlic Chicken Thighs
Crockpot Stuffed Bellpeppers
Crockpot Salsa Verde Chicken
Crockpot Turkey Chili

What's Happening This Week At The REC

Mon
Dance Fitness with Catherine
@ 5:30pm room 228

Tues
Joan's Barre Class
@8:30am room 225

Tues
Joan's Yoga Class
@6:30pm room 228
Tai Chi with Kazumi
@5:00pm room 225

Wed
Dance Fitness with Catherine
@ 5:30pm room 228

Thurs
Joan's Barre Class
@8:30am room 225

Sat
Joan's Barre Class
@9:00 am room 225
Joan's Yoga Class
@10:00am room 225

We are excited to welcome you to The REC’s weekly newsletter! Here we will keep you up-to-date on all upcoming events and changes happening at the REC center. In addition, this newsletter will provide you with weekly recipe ideas as well as a “Work Out of the Day” for each day of the week.

LET'S KEEP IN TOUCH:

@slu_rec
/sluREC
southeastern.edu/recsports
Lion of the Week

Cade Abercrombie

Cade is a junior here at Southeastern and is a business management major. Cade says his favorite thing about The REC is that it helps him to better himself and stay healthy. "Being active and working out reduces the stress and anxiety that school can cause and boosts my self-esteem."

Meet The Team

Emma Mier

Position: Fitness Room Attendant/ Front Desk

Favorite Workout: Dance fitness or any type of cardio

Inspirational Quote: "If we did all the things we are capable of, we would literally astound ourselves." - Thomas Edison

LET'S KEEP IN TOUCH:

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