

Forward Fitness Club



[Home](#) | [About Us](#) | [Classes](#) | [Nutrition](#) | [Contact Us](#)

Weights



Our facility includes a weight training area with several weight options. Build lean muscle with weights and improve your core with weight training.

- Dumbbells
- Kettle bells
- Barbells

Cardio



Burn fat through cardio workouts. Experts recommend 150 minutes of cardio each week. We have several equipment choices for your workout.

- Treadmills
- Elliptical Machines
- Exercise Bikes

Personal Training



Our certified personal trainers work with you to help you obtain your fitness goals and track your progress. Personal training has many benefits.

- Accountability
- Personalized Program
- Consistent Support and Motivation

Common Exercises

The following are common exercises that we encourage our clients to do as part of their daily exercise routine.

Burpee

Burpees are a great, full body exercise to increase your strength and endurance. Begin in a standing position, drop into a squat and extend your hands forward, kick your feet back and then forward again quickly, and then jump up from a squatted position.

Plank

Planks build your core strength. To perform a plank, get in a push up position and rest your forearms on the floor. Hold the position as long as you can.

Mountain Climber

Mountain climbers are a good cardio exercise. Place your hands on the floor in a push up position, bring one knee up to your chest, and then switch as quickly as you can (as though you are climbing a mountain).

For more information about how to stay active, visit the [U.S. Department of Health and Human Services](#).

© Copyright 2021. All Rights Reserved.

forwardfitness@club.net