

International Fitness Day Workouts

EA SPORTS ACTIVE - Personal Trainer

Calories: 195

Time: 31min:15sec

Intensity: MEDIUM

		Body Area Tab and Page	Exercise
1	Warm Up	Cardio - page 4	Run, Knees, & Kicks Ups 1
2		Lower - page 2	Squats
3		Lower - page 1	Alternating Lunges
4		Lower - page 1	Alternating Side Lunges
5	Workout	Cardio - page 4	Run (Medium)
6		Lower - page 1	Squat Holds
7		Upper - page 1	Alternating Shoulder Presses
8		Cardio - page 1	Heavy Bag
9		Sports - page 2	Inline Skating
10		Lower - page 1	Alternating Side Lunges with Toe Touches
11		Cardio - page 4	Run (Medium)
12		Lower - page 1	Jump Squats
13		Upper - page 1	Bent Over Rows
14		Cardio - page 1	Targets 1
15		Sports - page 3	Tennis - Back, Front, & Mid Court
16		Lower - page 2	Side to Side Jumps
17		Cardio - page 4	Run & Walk (Medium)
18		Lower - page 1	Squats
19		Upper - page 1	Alternating Tricep Kickbacks
20		Cardio - page 1	Targets & Heavy Bag 1
21		Sports - page 3	Basketball - Shooting
22		Lower - page 2	Alternating High Knee Reverse Lunges
23		Sports - page 4	Volleyball - Bump, Set & Block
24		Lower - page 1	Squat Holds
25		Upper - page 1	Front Shoulder Raises
26		Cardio - page 1	Heavy Bag
27		Sports - page 2	Inline Skating
28		Cardio - Page 2	Dance Intermediate 1
29	Cooldown	Cardio - page 5	Walk & Run (Medium)

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EA SPORTS ACTIVE - More Workouts

Calories: 203.0

Time: 36min:01sec

Intensity: MEDIUM

		Body Area Tab and Page	Exercise
1	Warm Up	Abs, Warm Up and Cool Downs	Warm Up
2	Workout	Cardio - page 1	Follow the Leader - Moderate
3		Lower - page 1	Squat with Bands
4		Upper - page 1	Push Ups
5		Fitness Activities - page 1	Combo Station 1
6		Fitness Activities - page 1	Water Skiing
7		Lower - page 1	Alternating Cross Over Lunges
8		Cardio - page 4	Sprint (Medium)
9		Lower - page 1	Forward and Back Ankle Hops
10		Upper - page 1	Single Arm Rows
11		Fitness Activities - page 1	Sparring 1
12		Fitness Activities - page 1	Squash Advanced
13		Cardio - page 1	Skipping
14		Fitness Activities - page 1	Long Obstacle Course
15		Lower - page 1	Squat and Reaches
16		Upper - page 1	One Arm Reverse Fly
17		Fitness Activities - page 1	Paddle Surfing
18		Fitness Activities - page 2	Step Aerobics - Normal Tempo 1
19	Abs	Abs, Warm Up and Cool Downs	Reverse Crunches
20		Abs, Warm Up and Cool Downs	Crunch with Punches
21	Cooldown	Abs, Warm Up and Cool Downs	Cool Down