



At-Home Hustle

MAY 4-31

Stay motivated and active with our At-Home Hustle challenge.
Complete at least 25 activities to earn 100 My Cooper Rewards points.



Cooper Fitness Center™
A COOPER AEROBICS COMPANY

COOPER
QUEST
STEPS FOR A COOPERIZED LIFE

At-Home Hustle

Complete at least 25 of the following activities.

VIRTUAL TRAINING

Complete a class from one or more of the following categories on Cooper Aerobics

On Demand:

- Quick Fit
- Powerful Mind and Meditation
- Lean, Fast & Mean
- Yoga
- Pump It Up
- HiiT It!
- Bodyweight Blast
- Sixpack Abs
- Feel the Burn
- Ride the World

Complete one session or more:

- Personal training session
- Pilates session
- Sports pro session
- SGT session
- Cooper Studio Series workout

WORKOUT OF THE DAY

Check off the workouts you complete:

- Metabolic Monday
- Toning Tuesday
- Leg Strength Wednesday
- Tabata Thursday
- Fab Abs Friday
- Circuit Saturday
- Stretch Sunday

MYZONE®

- Maintain your Myzone® status by earning at least 1,300 MEPs
- Work out using your Myzone® belt
- Complete a Zone Match using Myzone®
- Utilize the timing feature on your Myzone® app

FITNESS GOALS

- Exercise at least 150 minutes per week
- Set your exercise goals: _____ MEPs or minutes per week
- Virtually check in after a workout on My Cooper Rewards
- Walk or run outside for 30 minutes while practicing social distancing
- Take your furry friend on a walk or run
- Incorporate intervals into your workout

SOCIAL INTERACTION

- Encourage someone to get outside and be active
- Name one thing you are grateful for during this challenging time: _____
- Catch up with a loved one
- Thank an "essential worker"
- Complete something you haven't "had time to do"
- Have a dance party with your household
- Do a good deed: _____
- Share words of encouragement on someone's workout post (Facebook, Instagram, Myzone®, etc.)
- Post a picture of your workout using #togetherapart and tag us: @CooperFitnessCenterAndSpa or @CooperAerobics



NAME _____

EMAIL _____

