

KAYLA'S WELLNESS



WAVERLEY OAKS
ATHLETIC CLUB

JOURNEY

WEEK ELEVEN

MONDAY, 8/8 7AM WORKOUT

After my workout, I spent some time in the steam room which was a risky move considering the massive heat wave! It was very relaxing and a great way to start the week.

WEDNESDAY, 8/10 6:15AM WORKOUT

All the squat racks were in use when I arrived at the gym, so I couldn't do exactly what I had planned. I modified the exercises using dumbbells, but since the dumbbells are obviously not as heavy as barbell moves, I increased the number of reps to try and offset it. It made sense at the time, but the great thing about working with a personal trainer is I can get expert feedback and recommendations for moving forward!

THURSDAY, 8/11 7AM WORKOUT

I typically do not work at the gym on Wednesday nights, but I picked up a shift last night. I was exhausted from three long workdays in a row, and I knew I would be setting myself up for failure if I attempted to make MX4 + Core at 6:15AM. I look forward to MX4 with Cara every week and was disappointed to have to miss it. I just had to listen to my body and do what I felt was best, so I gave myself an extra hour of sleep and made it to the gym by 7AM to do a few light supersets and a 20-minute walk on an incline on the treadmill.

5PM PERSONAL TRAINING WITH CHRIS

It felt great to work with Chris again after a two-week break! It is important that we continue training together on a regular basis so I can confirm I'm doing the exercises correctly and most effectively. We did deadlifts and a few other accessory exercises. The hour always goes by so fast!

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TUESDAY, 8/9 7AM WORKOUT

As I've mentioned throughout this journey, it is harder for me to wake up after I close the gym and today was no exception. I got in a quick workout and even increased my weights in squats again - woo hoo!

FRIDAY, 8/12 CYCLE

I was so excited to see that Charlotte was teaching Cycle! I always see her when I'm working at the gym and now that I've gone to her class, I know why they are so popular! Almost every song on her playlist is on mine and loved that I felt like I was more so dancing rather than working out - haha.

