

# NASA Langley Fitness Center Presents: Express Fit, the 15 Minute Workout

All you need is 15 – 20 minutes three days a week. At your own leisure, pick one or two exercises from each group located at the NASA Fitness Center. Perform 3 to 4 sets by holding each exercise 30 to 45 seconds. Group one is basic abdominal and spine strengthening exercises, group two is advanced abdominal and oblique exercises, and group three is neck/shoulder stretches & posture improving exercises.

If you are not already a fitness center member, please stop by to complete an application and health questionnaire. If you have any questions please call Kelly or Joanne at extension 46387.

