REGIS UNIVERSITY’S NEW BACHELOR OF SCIENCE IN HEALTH AND EXERCISE SCIENCE CAN HELP YOU:

- Work toward a career in health and wellness, personal training or community health
- Prepare you for graduate studies in physical therapy, sports medicine or a variety of health related fields
- Impact health care policy and practice in order to make a real difference in people’s lives

Attend an information session. Learn more at Regis.edu/HES

TEST YOUR LIMITS

CIRCUIT TRAINING

JUMP ROPE  1 Minute
HIGH KNEES  1 Minute
BUTT KICKS  1 Minute
JUMPING JACKS  1 Minute
BURPEES  Do 20
PUSH UPS  Do 10
TRICEP DIPS  Do 10

RUN 10 MINUTES

REPEAT SET 2 TIMES