

WORKOUT OF THE WEEK



YOU CHOOSE YOUR PACE. CONCENTRATE ON FORM AND NOT SPEED!
MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: FULL BODY

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Easy Air Jump Rope
- Slow Squats
- Jumping Jacks
- Alternate High Knees

MAIN SET

- 20 Jumping Jacks
- 10 Push-ups
- 10 Upward Dogs
- 1 Minute Plank
- 10 Backwards Lunges
- 10 Plank Rotations
- 10 Bird-dog Stretches
- 10 Bridges

TUESDAY

WARM UP

30 seconds each

- March In Place With Arm Circles
- Jumping Jacks
- Alternating High Knee To Opposite Elbow
- Butt Kicks

MAIN SET

- 20 Alternating Bicep Curls
- 20 Jumping Jacks
- 20 Tricep Pushups
- 50 High Knee Runs Or 30 Slower Alternating Knees
- 20 Dips Or Tricep Kick Backs
- 1 Minute Plank
- 15 Second Bicep Towel Curl

WEDNESDAY

WARM UP

30 seconds each

- Jog In Place
- Easy Wide Squats
- Air Jump Rope
- High Knees

MAIN SET

- 30 Second Side Plank (Switch Side)
- 20 Alternating Leg Raises
- 15 Burpees
- 10 Walking Planks
- 20 Reverse Crunches
- 10 Superman Holds

REST 1-2 MINUTES IN BETWEEN SETS.

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THEME: FULL BODY

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

THURSDAY

WARM UP

30 seconds each

- High Knee Run
- Arm Circles (Forward And Back)
- Easy Squats With Overhead Press
- Shoulder Rolls (Forward And Back)

MAIN SET

- 20 Side Raises
- 10 Push Ups
- 20 Standing Rear Delt Flys
- 10 Bird Dog Stretches
- 20 Overhead Presses
- 20 Alternating Crunches

FRIDAY

WARM UP

30 seconds each

- Alternating High Knees
- Jumping Jacks
- Small Arm Circles Forward And Back
- High Knees Fast Or Slow

MAIN SET

- 10 Staggered Pushups
- 20 Jumping Jacks
- Your Favorite Core Exercise From This Week
- 20 Alternating Crunches
- 50 High High Knee Runs
Or 30 Alternate Knees
- Your Favorite Arm Exercise From This Week

We're pulling it all together! We've worked on specific locations all week—now let's put it all to good use. You will also get to choose a few of your own sets (review core and leg exercises to choose from).

REST 1-2 MINUTES IN BETWEEN SETS.