

WORKOUT OF THE WEEK



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

THEME: SHOULDERS AND ABDUCTORS

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Step Touch R/l
- Standing Toe Touch
Opposite Hand To Toe R/l
- Squat With Jabs R/l
- Standing Torso Twist

MAIN SET

- 20 Lateral Side Bends
- 20 High Knees To
Opposite Elbow
- 20 Plank With Heel Tap
- 20 Dead Bugs
- 20 Russian Twist
- 20 Sharks

TUESDAY

WARM UP

30 seconds each

- Jog In Place
- Mid Squats
- Arm Circles
- Jumping Jacks

MAIN SET

- 20 Squats With Lateral Leg Lift
- 20 Second Plank
- 20 Clam Shells
- 20 Side Raises
- 20 Plank With Arm Extension
- 10 Star Jacks

WEDNESDAY

WARM UP

30 seconds each

- Jog In Place
- Child's Pose
- Fast Football Feet
- Slow Bicycle Crunches

MAIN SET

- 20 Sit Ups
- 1 Minute Plank
- 20 Bird Dogs (10 Per Side)
- 20 Scissors
- 10 Spiderman Planks
- 10 Downward Dogs
- 10 Plank Rotations
(5 Per Side)

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Air Jump Rope
- Cross Jacks
- Standing Side Crunches
- Mountain Climbers

MAIN SET

- Arm Circles
- 20 Double-leg Donkey Kicks
(Can Modify To Alternating 1 Leg At A Time)
- 10 Tricep Dips
- 20 Side Raise To Front Raise
(Use Barbells Or Soup Cans)
- 20 Inch Woms
- 20 Backward Lunges
- 30 Second Standing Over Bend

FRIDAY

WARM UP

30 seconds each

- 8 Inward Hip Rotations
- 8 Outward Hip Rotations
- 8 Forward Arm Circles
- 8 Backward Arm Circles
- 10 Deep Lunges
- Jog In Place

MAIN SET

- 20 Lateral Lunges
- Your Favorite Leg Exercise From This Week!
- 10 Burpees
- Your Favorite Core Exercise From This Week!
- 20 Supine Shoulder Flexion
- Your Favorite Shoulder 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.

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THEME: SHOULDERS AND ABDUCTORS

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **HIP CIRCLES (30 SECONDS PER HIP)**
Start With Small Circles, Keeping Hips Level With Floor
- **BENT OVER TWIST**
- **LEANING CAMEL STRETCH**
- **OBLIQUES STRETCH**