

# WORKOUT OF THE WEEK



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

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## THEME: BASKETBALL

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### MONDAY

#### WARM UP

30 seconds each

- Hight Knee Run
- Lateral Side Shuffle (R/l)
- Hip Circles
- Inchworm

#### MAIN SET

- 15 Standing Chops
- 15 Dead Bugs
- 20 Walking Side Planks (R/l)
- 15 Kneeling Rotations With Weight
- 20 Side Plank Hip Lifts
- 1 Minute Plank Hold

### TUESDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Arm Circles
- Easy Dead Rows
- Easy Curl To Overhead Press

#### MAIN SET

- 15 Overhead Press
- 20 Push Up
- 20 Bicep Curl
- 15 Tricep Extension
- 20 Lateral Side Raise
- 20 Chest Press

### WEDNESDAY

#### WARM UP

30 seconds each

- Side Crunches
- Bent Over Twists
- Squat Kickbacks
- Alternating Side Lunges

#### MAIN SET

- 20 Second Hollow Hold
- 45 Second Plank
- 15 Plank To Pushups
- 15 Planks With Hip Extension And Abduction
- 15 Crunchy Frogs
- 20 Half-kneeling Lift

REST 1-2 MINUTES IN BETWEEN SETS.

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### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### THURSDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Slow Alternating Back Lunges
- Wide Squats
- Hip Circles

#### MAIN SET

- 20 Jump Squats
- 20 Alternating Back Lunges
- 10 Air Jacks
- 20 Second Side Plank With Lateral Leg Lift
- 20 Lateral Lunges
- 30 Second Wall Sit

### FRIDAY

#### WARM UP

30 seconds each

- Alternative Jacks
- Side Crunches
- Hip Circles
- Jog In Place

#### MAIN SET

- 15 Side Planks
- Choose Your Favorite Core Workout
- 20 Bicep Curls
- Choose Your Favorite Arm Workout
- 15 Crunches
- 15 Plank To Pushups
- Choose Your Favorite Leg Workout

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: BASKETBALL

# DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- SPLIT-STANCE SPINE ROTATION
- SPLIT-STANCE SIDE LEAN
- WALL LAT STRETCH
- HAMSTRING ROCKER
- QUAD STRETCH