

WORKOUT OF THE WEEK



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

THEME: MOUNTAIN BIKING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Hip Rotations
- Walking Inchworm
- Torso Twists
- Jog In Place

MAIN SET

- 15 Burpees
- 15 Side Planks
- 10 V Sits
- 20 Inchworms
- 20 Dead Bugs
- 15 Ins And Outs

TUESDAY

WARM UP

30 seconds each

- Jumping Jacks
- Mountain Climbers
- Slow Burpees
- Arm Circles

MAIN SET

- 20 Supermans
- 20 Pushups
- 20 Bent Over Flies
- 20 Side Raises
(With Or Without Dumbbells)
- 20 Pushups
- 20 Tricep Overhead Extensions

WEDNESDAY

WARM UP

30 seconds each

- Cross Jacks
- Lunge Twist
- Side To Side Squats
- Glute Kicks
- Scissor Skier

MAIN SET

- 20 Bicycle Crunches
- 20 Reverse Crunches
- 15 Mountain Climbers
- 20 Push Ups
- 20 Superman Pose
- 20 Glute Bridges

REST 1-2 MINUTES IN BETWEEN SETS.

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Hot: 5 sets

Sizzling: 7 sets

THURSDAY

WARM UP

30 seconds each

- Jump Rope In Place
- Single Leg Hops (30 Seconds Per Side)
- Bicycle Kicks (Yep! Haha).
- Bear Crawls
- Butt Kicks

MAIN SET

- 20 Wide Squats
- 1-minute Plank
- 10 Squat Jumps
- 20 Plank Rotations (10 Per Side)
- 10 Front Lunges
- 10 Back Lunges
- 20 Single Leg Glute Bridges (10 Per Side)

FRIDAY

WARM UP

30 seconds each

- High Knees
- Inch Worm
- Hip Circles
- Arm Circles
- Run In Place

MAIN SET

- 20 Forearm Plank Reach Outs
- Your Choice Upper Body Exercise
- 20 Burpees
- Your Choice Core Exercise
- 20 Calf Raises
- Your Choice Leg Exercise

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: MOUNTAIN BIKING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **QUAD STRETCH. 20 SECONDS EACH LEG.**
- **STANDING HAMSTRING STRETCH. 20 SECONDS.**
- **IT BAND STRETCH. 20 SECONDS EACH LEG.**
- **DOWNWARD DOG. HOLD FOR 60 SECONDS.**
- **ROTATING WRIST AND FOREARM STRETCH**
- **CHILD'S POSE**