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

**THEME: ROWING**

**REPETITION LEVELS:**
- **Warm**: 1-3 sets
- **Hot**: 5 sets
- **Sizzling**: 7 sets

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WARM UP</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 seconds each</td>
<td></td>
<td>30 seconds each</td>
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<tr>
<td>• Jumping Jacks</td>
<td>• Halfjacks</td>
<td>• Jog In Place</td>
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<tr>
<td>• Torso Twist</td>
<td>• Arm Circles</td>
<td>• Jumping Jacks</td>
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<tr>
<td>• High Knees</td>
<td>• Jogging-shuffle</td>
<td>• Crunches</td>
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<tr>
<td>• Butt Kicks</td>
<td>• Chest Extensions</td>
<td>• Hip Circles</td>
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<tr>
<td><strong>MAIN SET</strong></td>
<td></td>
<td></td>
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<tr>
<td>• 30 Alternating Oblique Twists</td>
<td>• 20 Tricep Dips</td>
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<tr>
<td>• 30 Second Plank</td>
<td>• 20 Jabs</td>
<td>• 20 Lateral Leg Rises</td>
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<tr>
<td>• 15 V-sits</td>
<td>• 20 Shoulder Taps</td>
<td>• 20 Hip Rises</td>
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<tr>
<td>• 30 Mountain Climbers</td>
<td>• 20 Renegade Pushups</td>
<td>• 20 Jack-knifes</td>
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<tr>
<td>• 30 Russian Twists</td>
<td>• 20 Overhead Presses</td>
<td>• 20 Leg Criss Crosses</td>
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<tr>
<td>• 45 Second Plank</td>
<td>• 20 Inch Worms</td>
<td>• 3–20 Seconds Side Plank</td>
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<tr>
<td><strong>REST 1–2 MINUTES IN BETWEEN SETS.</strong></td>
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</tr>
</tbody>
</table>
THEME: ROWING

REPETITION LEVELS:
- Warm: 1-3 sets
- Hot: 5 sets
- Sizzling: 7 sets

THURSDAY

WARM UP
30 seconds each

• Torso Twists
• Hip Circles
• Small Arm Circles
• Large Arm Circles

MAIN SET
• 10 Bird Dog Stretches
• 10 Front Lunges
• 20 Wide Squats
• 10 Reverse Lunges
• 1 Minute Plank (Or 10 Planks W/ Leg Raise)
• 10 Jump Squats
• 20 Glute Bridges

FRIDAY

WARM UP
30 seconds each

• Hinge And Reach
• Cat–cow Pose
• Floor Angels
• Jog In Place

MAIN SET
• 20 Pushups
• Your Choice Upper Body Exercise
• 10 Burpees
• Your Choice Core Exercise
• 20 Split Squats
• Your Choice Leg Exercise
• 10 Bird Dog Exercises
• Your Choice Any 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.
WORKOUT OF THE WEEK

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

THEME: ROWING

DON’T FORGET TO STRETCH!
Below is a stretch routine to incorporate into your workouts.

• QUAD STRETCH

• DOWNWARD DOG

• GLUTE STRETCH

• TRICEP STRETCHES