

WORKOUT OF THE WEEK



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

THEME: UPPER/ LOWER BODY AND CORE

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jog In Place
- Alternating High Knee To Opposite Elbow
- Air Jump Rope
- Slow Lateral Side Shuffle

MAIN SET

- 50 Cross Jabs
- 25 Standing Ab Crunches
- 20 Alternating Oblique Twists
- 10 Superman Holds
- 20 Plank Jacks
- 20 In And Outs

TUESDAY

WARM UP

30 seconds each

- Jumping Jacks
- Wide Squats
- Slow Walking Burpee
- Lateral Step With High Knee

MAIN SET

- 20 Squats With Lat Pull Down
- 15 Burpees
- 20-20-20 Plank
- Sprint In Place
- 15 Single Leg Bridge, Alternate
- 15 Push Ups (Toes/knees)

WEDNESDAY

WARM UP

30 seconds each

- Jump Rope
- Side Lunges
- Crawl Out Squats
- Jog In Place

MAIN SET

- 20 Supine Toe Taps
- 20 Marching Hip Bridge
- 10 Plank With Knee Drive
- 20 Moving Hip Bridge
- 10 V Ups
- Full Body Roll Up

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jog in Place
- Air jump rope, alternating feet landing
- Forward lunges
- Mountain climbers

MAIN SET

- 10 downward-facing dogs
- 10 bear crawls
- 1-minute plank
- 10 linear jumps
- 20 side-lunges
- 20 squats
- 10 plank rotations

FRIDAY

WARM UP

30 seconds each

- Jumping Jacks
- High-knee Jogging
- Child's Pose
- Choose Your Favorite Warm-up Exercise From This Week!

MAIN SET

- 20 Squats
- 10 Inchworms
- Your Favorite Core Exercise From This Week!
- 15 Bird Dogs
- Your Favorite Leg Exercise From This Week!
- 1-minute Plank
- 10 Glute Bridges

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.