

WORKOUT OF THE WEEK



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

THEME: ICE SKATING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jack
- Walking Lunges
- Wide Squats
- Inchworm

MAIN SET

- 20 Supermans
- 20 Alternating Oblique Twists
- 20-20-20 Side Planks
- 20 Bird Dogs
- 20 Russian Twists
- 10 V-ups

TUESDAY

WARM UP

30 seconds each

- Jumping Jack
- Walking Lunges
- Arm Circles
- Shoulder Shrugs

MAIN SET

- 20 Deadlifts
- 20 Dead Rows
- 10 Single Leg Deadlifts
- 20 Front Raises
- 20 Side Raisers
- 15 Pushups

WEDNESDAY

WARM UP

30 seconds each

- Jog With High Knees
- Lunges
- Hip Circles
- Arm Circles

MAIN SET

- 20 Bird Dog
- 20 Crab Walk
- 20 Plank With Leg Raises
- 20 Pulsing Hip Bridge With Leg Extension
- 20 Push Ups
- 20 Around The World Plank

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

- Skaters
- Burpees
- Butt Kicks
- Jumping Jacks

MAIN SET

- 10 Front Lunges
- 10 Walking Squats
- 10 Reverse Lunges
- 20 Squat Pulses
- 30 Second Squat Hold
- 20 Burpees

FRIDAY

WARM UP

30 seconds each

- Jog In Place
- Mountain Climbers
- Superman Exercises
- Grapevines

MAIN SET

- 10 Lunges
- Plank For 30 Seconds
- 10 Squats
- 10 Reverse Lunges
- Plank For 1 Minute
- 10 Squats Jumps
- Plank For 30 Seconds
- 20 Glute Bridges
- 10 Plank Rotations (5 Per Side)

* This Friday workout features a special running workout to prepare for the Chinatown YMCA's Annual CCHP Chinese New Year Run.

REST 1-2 MINUTES IN BETWEEN SETS.

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THEME: ICE SKATING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **HAMSTRING STRETCH**
- **QUADRICEP STRETCH**
- **PIRIFORMIS STRETCH**
- **ADDUCTOR STRETCH**
- **SHOULDER STRETCH**