

WORKOUT OF THE WEEK



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

THEME: MOUNTAINEERING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jacks
- Torso Twists
- Slow Alternating Lunges
- High Knees To Opposite Elbows

MAIN SET

- 20 Standing Chops
- 20 Alternating High Knee Skips
- 20 Plank Jacks
- 10 Superman – 3 Second Hold
- 20 Side Plank Elbow Tap
- 20 Flutter Kicks

TUESDAY

WARM UP

30 seconds each

- Opposite Foot To Hand (While Standing)
- Arm Circles
- Shoulder Rotations Forward And Back
- Wrist Circles Clockwise And Counter Clockwise

MAIN SET

- 20 Overhead Presses
- 20 Tricep Dips
- 20 Pushups
- 20 Side Raises
- 20 Tricep Kickbacks
- 45 Second Spiderman Plank

WEDNESDAY

WARM UP

30 seconds each

- Jog in Place
- Lunges
- Squats
- Hip Circles

MAIN SET

- 20 Second Plank With Heel Tap
- 20 Second Side Plank (Rotate Both Sides)
- 20 Corkscrews
- 20 Hip Bridges
- 20 Mountain Climbers
- 20 Bear Crawls

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

- Torso Twists
- Side Shuffles
- Arm Circles
- Bear Crawls

MAIN SET

- 20 Front Lunges
- 20 Jump Squats
- 20 Back Lunges
- 20 Single Leg Deadlifts (10 Per Side)
- 20 Burpees
- 10 Push Ups
- 20 Bird Dogs

FRIDAY

WARM UP

30 seconds each

- Toe Raises
- Side Shuffle
- Lunges
- Heel To Butt Stretch

MAIN SET

- 5 Minute Speed Walk
- 5 Minute Jog
- 5 Minute Speed Walk
- 5 Minute Jog/run
- 1 Minute Rest
- 2 Minute Run
- 7 Minute Walk (Cool Down)

* 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: MOUNTAINEERING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- CALF STRETCHES
- UPWARDS-TO-DOWNWARD DOG
- HAMSTRING STRETCH
- BUTTERFLY STRETCH
- KNEELING STRETCH
- CHILD'S POSE (FOR BACK)
- CAT-COW
- SHOULDER STRETCH
- TRICEPS STRETCH