

WORKOUT OF THE WEEK



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

THEME: FOOTBALL

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jacks
- Lateral Shuffle
- Fast Football Feet
- Hip Circles

MAIN SET

- 10 V-sits
- 10 Alternating Bird Dog
- 20 Alternating Jabs With A Crunch
- 20 Side Plank With Hip Lift
- 10 Ab Rollers
- 20 Raised Leg Pushups

TUESDAY

WARM UP

30 seconds each

- High Knee Run/jog
- Arm Swings (Back And Forth)
- Chest Openers (Open Arms Wide And Close)
- Jack Your Feel With An Overhead Press

MAIN SET

- 20 Chest Presses
- 15 Pushups
- 20 Bicep Curls
- 15 Tricep Dips
- 10 Renegade Rows
- 15 Overhead Presses

WEDNESDAY

WARM UP

30 seconds each

- Skip With High Knees
- Inchworm
- Jump Rope Or Air Jump Rope
- Torso Twists

MAIN SET

- 20 Dead Bugs
- 20 Standing Chops
- 10 Around The World Planks
- 20 Bicycle Crunches
- 20 Flutter Kicks
- 20 Russian Twists

REST 1-2 MINUTES IN BETWEEN SETS.

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Hot: 5 sets

Sizzling: 7 sets

THURSDAY

WARM UP

30 seconds each

- Walking Knee Hugs
- Mountain Climbers
- Calf Raises
- Torso Twists

MAIN SET

- 20 Curtsy Lunges
- 10 Burpees
- 10 Pistol Squats
- 20 Front Lunges
- 20 Tuck Jumps
- 20 Single Leg Deadlifts (10 Per Side)
- 10 Squat Sits

FRIDAY

WARM UP

30 seconds each

- Toe Raises
- Lateral Shuffles
- Grape Vines
- Butt Kicks

MAIN SET

- 3-minute Speed Walk
- 5-minute Jog
- 3-minute Sprint
- 5-minute Jog
- 3-minute Rest
- 5-minute Sprint
- 3-minute Jog
- 3-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: FOOTBALL

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **UPPER BACK STRETCH**

- **SHOULDER STRETCH**

- **INVERTED HAMSTRING STRETCH**

- **CALF STRETCH**

Face wall place toes/ball of foot on wall and feel stretch on calf

- **LUNGE POSITION (HIP AND THIGH STRETCH)**

- **IT BAND STRETCH**