

WORKOUT OF THE WEEK



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

THEME: CARDIO AND CORE

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Slow Squats
- Torso Rotations
- Side To Side Single Leg Alternating Hops
- Arm Circles Forward/back

MAIN SET

- 25 Alternating Knees To Elbows
- 25 Flutter Kicks
- 25 Planks With Heel Lift
- 25 Jumping Jacks
- 25 Head/body Jabs (Right Then Left)
- 20 Squat With Lateral Leg Lift

TUESDAY

WARM UP

30 seconds each

- Run In Place
- Arm Circles (Switch Directions)
- Jumping Jacks
- Alternating Jabs

MAIN SET

- 20 Air Jacks
- 20 Alternating Front Kicks (Jump Option)
- 20 Squat Jumps
- 20 Repeater Knees (Right Then Left)
- 20 Backward Stepping Lunges
- 20 Mountain Climbers

WEDNESDAY

WARM UP

30 seconds each

- High Knees
- Jumping Jacks
- Hip Circles
- Bent Over Twist

MAIN SET

- 20 Bicycle Crunches
- Hollow-body Rock Hold For 30 Sec
- Jog In Place For 30 Sec
- 20 Side Planks (Right Then Left)
- 20 Sec Plank
- 20 Marching Hip Bridge

REST 1-2 MINUTES IN BETWEEN SETS.

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THEME: CARDIO AND CORE

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

THURSDAY

WARM UP

30 seconds each

- Alternating Chest Openers (Open Arms Diagonally)
- Torso Twist
- Shoulder Rolls
- Hops On The Spot

MAIN SET

- 20 Air Jump Rope (Or W/ Jump Rope, If Available) (Medium Pace)
- 30 Air Jump Rope (Fast Pace)
- 10 Burpees
- 20 Air Jump Rope (Medium Pace)
- 30 Butt Kicks
- 15 Glute Bridges

FRIDAY

WARM UP

30 seconds each

- Squats
- Mountain Climbers
- Jumping Jacks
- Your Favorite Warm-up Exercise From This Week!

MAIN SET

- 1-minute Plank
- 10 Burpees
- Your Fav Core Exercise From This Week!
- 20 Front Lunges (Alternate Legs)
- 10 Squat Lunges
- 20 Back Lunges (Alternate Legs)
- Your Fav Cardio Exercise From This Week!

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.