

WORKOUT OF THE WEEK



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

THEME: SLEDDING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- High Knee Run
- Inchworms
- Squats
- Alternating Lunges

MAIN SET

- Tricep Pushups
- 20 Dead Bugs
- 15 Renegade Pushups
Knees Or Toes
- 10 Hollow Leg Raises
- 15 Sec Side Plank Leg
Extension Holds
- 10 Oblique V-ups Each Side

TUESDAY

WARM UP

30 seconds each

- Arm Circles
- 10 Pushups From Knees
- Jumping Jacks
- Shoulder Shrugs

MAIN SET

- 15 Walking Plank Right & Left
- 20 Bicep Curls
- Plate Presses - Put Weights Or
Heavy Object On Towel And Push
Across Floor
- 20 Chest Presses
- 10 Inchworms
- 20 Overhead Presses
- 15 Plank Jacks

WEDNESDAY

WARM UP

30 seconds each

- Reverse Jumping Jacks
- Side Shuffles
- Shoulder Rolls
- Hip Circles

MAIN SET

- 15 Bear Crawl
- 15 Mountain Climbers
- 20 Sec Side Plank
(Both Sides)
- 30 Russian Twist
- 15 Hip Bridges
- 15 Burpees
- 20 Sec Side Plank With
Arm Extensions

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Calf Raises
- Farmer's Walk On Toes
- Grape Vines
- Mountain Climbers

MAIN SET

- 10 Switch Lunges
- 20 Plank Rotations (10 Per Side)
- 10 Squats
- 5 Burpees
- 10 Front Lunges
- 10 Bird Dogs
- 10 Fire Hydrants
- 10 Reverse Lunges
- 10 Glute Bridges

FRIDAY

WARM UP

30 seconds each

- Jumping Jacks
- Squats With Walk Outs
- Run In Place With Butt Kicks
- Hacky Sack

MAIN SET

- 5x1 Minute Brisk Walk
- 2 Minute Slow Passed Walk
- 5x1 Minute Jog
- 2 Minute Walk
- 3x1 Minute Brisk Walk
- 2 Minute Jog Or Speed Walk

* 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: SLEDDING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **INHALE, REACH HANDS OVER HEAD, EXHALE LOWER HANDS (COUNT OF 4 EACH WAY)**
- **QUAD STRETCH**
- **HAMSTRING STRETCH**
- **SHOULDER STRETCH**
- **IT BAND**
- **BICEP/TRICEP STRETCH**