

WORKOUT OF THE WEEK



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

THEME: LACROSSE

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping jacks
- High Knees
- Inchworms
- Wide Squats

MAIN SET

- 15 Standing chops
- 20 bicycle crunches
- 15 Burpees
- 20-20-20 Plank
- 20 Reverse crunches
- 10 Bird dogs

TUESDAY

WARM UP

30 seconds each

- Arm Circles
- Opposite Knee To Elbow
- Shoulder Shrugs
- Run In Place

MAIN SET

- 15 Pushups
- 20 Tricep Kickbacks
- 20 Bicep Curls
- 15 Dumbbell Bent Over Rows
- 15 Dumbbell Flys
- 45 Second Plank Hold

WEDNESDAY

WARM UP

30 seconds each

- Lunges
- Side Lunges
- Jog In Place
- Hip Circles

MAIN SET

- 20 Alternating Pike
- 20 Russian Twists
- 20 Leg Raises
- 20 Supermans
- 15 Second Planks (Alternate Sides)
- 20 Mountain Climbers
- 15 Hip Bridges

REST 1-2 MINUTES IN BETWEEN SETS.

WORKOUT OF THE WEEK



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

THEME: LACROSSE

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

THURSDAY

WARM UP

30 seconds each

- Squats
- Backward Stepping Alternating Lunges
- Butt Kicks
- Side Shuffles

MAIN SET

- 20 Forward Stepping Lunges
- 20 Lateral Lunges
- 20 Squats
- 20 Switch Lunges
- 20 Airjacks
- 20 Glute Bridges
- 20 Single Leg Deadlifts

FRIDAY

WARM UP

30 seconds each

- Jump Rope
- Squat With Overhead Press
- Calf Raises
- Wrist Curls

MAIN SET

- Your Favorite Upper Body Exercise
- 20 Push Ups
- 10 Bear Crawls
- Your Favorite Lower Body Exercise
- 20 Leg Rises
- 15 Squat Jumps
- Your Favorite Core Exercise
- 20 Shoulder Raises
- 20 Butterfly Sit Ups

REST 1-2 MINUTES IN BETWEEN SETS.

WORKOUT OF THE WEEK



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

THEME: LACROSSE

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**