

WORKOUT OF THE WEEK



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

THEME: ROCK CLIMBING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jump rope
- Side lunges
- Reverse lunges
- Inchworms

MAIN SET

- 15 Pushups
- 20 Flutter Kicks
- 10 Russian Twists
- 20-20-20 Plank
- 20 Bicycle Crunches
- 10 Superman Holds

TUESDAY

WARM UP

30 seconds each

- Arm circles
- Jumping jacks
- Shoulder shrugs
- Back slaps, open hands wide and hug self

MAIN SET

- 10 Wrist flexion/flexion palm up
- 20 Bicep Curls
- 20 Overhead Extensions
- 20 Dips
- 15 Renegade Pushups
- 20 Wide Rows

WEDNESDAY

WARM UP

30 seconds each

- Cross Jacks
- Jogging with High Knees
- Arm Circles
- Hip Circles

MAIN SET

- 20 Mountain Climbers
- 20 V-Ups
- 1 min Planks with Arm Extensions
- 20 Bent Knee Sit Ups
- 10 Body Saws
- 20 Push Ups

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jump rope in place
- Single leg hops (30 secs per side)
- Bicycle kicks
- Bear crawls
- Butt kicks

MAIN SET

- 20 Wide Squats
- 1-minute Plank
- 10 Squat Jumps
- 20 Plank Rotations (10 per side)
- 10 Front Lunges
- 10 Back Lunges
- 20 Single Leg Glute Bridges (10 per side)

FRIDAY

WARM UP

30 seconds each

- Jog in Place
- Arm Circles
- Chest Extensions
- Torso Extension

MAIN SET

- 20 Mountain Climbers
- Your choice of Core exercise
- 20 Reverse Leg Lunges with Leg Lifts
- Your choice of Leg exercise
- 15 Push Ups
- 20 side plank with Hip Drop
- Your choice of Arm exercise
- Your choice of Any exercise

REST 1-2 MINUTES IN BETWEEN SETS.

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MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: ROCK CLIMBING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **ROTATING WRIST AND FOREARM STRETCH:**

Place one arm straight out in front and parallel to the ground. Rotate your wrist down and outwards and then use your other hand to further rotate your hand upwards.

- **SQUATTING LEG-OUT ADDUCTOR AND GROIN STRETCH:**

Stand with your feet wide apart. Keep one leg straight and your toes pointing forward while bending the other leg and turning your toes out to the side. Lower your groin towards the ground and rest your hands on your bent knee or the ground.

- **STANDING HIGH-LEG BENT KNEE HAMSTRING STRETCH**

Stand with one foot raised onto a table. Keep your leg bent and lean your chest into your bent knee.

- **RHOMBOIDS:**

Hold one arm up in front of you with a 90° bend. Then cross your other hand under the elbow and try to bring it up so your palms are touching (they don't have to be).

- **WIDE SQUAT**

Get into a wide squat position with your knees around 90°. From here the idea is to just feel around the range of movement you have and see where you're tight.