

WORKOUT OF THE WEEK



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

THEME: LOWER & UPPER BODY

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Slow Squats
- Slow Switch Knees
- Lateral Shuffle
- Easy Side Lunges

MAIN SET

- 10 Dead Bugs
- 25 Russian Twists
- 20 Squats Or Jumping Squats
- 20 Lateral Leg Drops
- 10 Cat Cow
- 1 Minute Plank

TUESDAY

WARM UP

30 seconds each

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

MAIN SET

- 15 Dips
- 25 Jacks
- 20 Bicep Curls
- 10 Tricep Push Ups
- 20 Speed Bags
- 20 Alternating Shoulder Taps

WEDNESDAY

WARM UP

30 seconds each

- Jog In Place
- Easy Wide Squats
- Air Jump Rope
- High Knees

MAIN SET

- 20 Jumping Jacks
- 10 Push-ups
- 10 Upward Dogs
- 1 Minute Plank
- 10 Backwards Lunges
- 10 Plank Rotations
- 10 Bird-dog Stretches
- 10 Bridges

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

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

MAIN SET

- 10 Bent Knee Pushups
- 15 Hinging Rows
- 10 Walking Pushups
- 10 Downward-facing Dog
- 10 Inchworms
- 10 Supermans
- 15 Second Hold Child's Pose

FRIDAY

WARM UP

30 seconds each

- Large Arm Circles (Forward Back)
- Your Favorite Warm-up Exercise From This Week!
- Hip Rotations (Inward/outward)
- Forward And Backward Leg Swings (Use Wall Or Chair, If Needed)

MAIN SET

- 25 Air Squats
- Your Favorite Chest/back Exercise From This Week!
- 25 Mountain Climbers
- Your Favorite Bicep/tricep Exercise From This Week!
- 25 Jumping Jacks
- Your Favorite Core 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.