

# 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

- Jog In Place
- Standing Torso Twists
- Butt Kicks
- Hip Circles

#### MAIN SET

- Dumbbell Side Bends
- 100's
- Standing Side Crunch
- 15 Reverse Crunches
- 20 Flutter Kicks
- 10 Plank Jacks

### TUESDAY

#### WARM UP

30 seconds each

- Run In Place
- Arm Circles Forward & Back
- Wide Squats
- Side Lunges

#### MAIN SET

- 15 Bicep Curl With Squat
- 20 Jumping Jacks
- 15 Overhead Press With Lunge
- 15 Kneeling Tricep Kickbacks
- 20 Hip Bridges
- 3-20 Second Planks

### WEDNESDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Hip Circles
- Reverse Lunge With Rotation Reach
- Jump Rope

#### MAIN SET

- 20 High Crunches
- 20 High Legs Raises
- 60 Seconds Of Jogging In Place
- 20 Plank In And Outs

REST 1-2 MINUTES IN BETWEEN SETS.

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### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### THURSDAY

#### WARM UP

30 seconds each

- Arm Circles, Forward And Backward
- Spinal Rolls
- Squat Jumps
- Butterfly Stretch

#### MAIN SET

- 10 Push-ups
- 10 Cat-cow Poses
- 20 Lunges (10 Per Side)
- 10 Downward Dog Poses
- 20 Plank Rotations (10 Per Side)
- 10 Inchworms 10 Child's Poses

### FRIDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Your Favorite Warm-up Exercise From This Week!
- Air Jump Rope
- Fast Jabs

#### MAIN SET

- 20 Burpees
- Your Favorite Leg Exercise From This Week!
- 20 Jump Squats
- Your Favorite Core Exercise From This Week!
- 1 Minute Plank
- Your Favorite Upper Body 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.**

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## THEME: LOWER & UPPER BODY

# DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **STANDING UPPER/LOWER BACK STRETCH – HOLD 8-10 SECONDS**
- **SHOULDER ROLLS FORWARD AND BACK 10 TIMES**
- **SEATED LATERAL FLEXION – HOLD 8-10 SECONDS**
- **SIDE NECK STRETCH HOLD FOR 5 DEEP BREATHS**
- **SEATED SPINAL TWIST**  
Stretches the spine, helps alleviate chronic back pain — hold for 5 breaths
- **SEATED FIGURE FOUR STRETCH**  
Stretches the glutes, hamstrings and calves – hold for 5 breaths