

WORKOUT OF THE WEEK



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

THEME: GOLF

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jog In Place
- Side Bends
- Side Rotations
- Jumping Jacks

MAIN SET

- Reverse Crunch
- V-sit
- Hollow Body Hold
- Single Leg Deadlift
- Single Leg Glute Bridge
- Plank With A Row

TUESDAY

WARM UP

30 seconds each

- Lunges
- Squat
- Jumping Jacks
- Hip Circle

MAIN SET

- 15 Wrist Flexion (Palm Up)
- 15 Wrist Flexion (Palm Down)
- 10 Rotator Raises (Light Weights)
- 20 Hammer Curls
- 15 Tricep Kickbacks
- 15 Bent Over Rows
- 20 Pushups

WEDNESDAY

WARM UP

30 seconds each

- Cross Jacks
- High Knees
- Squats Kickbacks
- Butt Kicks

MAIN SET

- 20 Elevated Glute Bridge
- 15 Side Planks (Alternate Sides)
- 10 Squat Walks
- 15 Hip Crossovers
- 15 Quad Rocking
- 15 Backward Lunge With Tilt

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Air Jump Rope In Place
- Knee Hugs
- Hand Walks
- Burpees

MAIN SET

- 20 Glute Bridges
- 20 Squats
- 20 Side Lunges
- 20 Reverse Lunges
- 20 Lunges (10 Per Side)
- 10 Plank Rotations

FRIDAY

WARM UP

30 seconds each

- Jog In Place
- Butt Kicks
- Side Lunges
- Burpees

MAIN SET

- 1-minute Plank
- 20 Glute Bridges
- 20 Pushups
- Your Favorite Core Exercise
- Your Favorite Leg Exercise
- Your Favorite Upper Arm Exercise
- 1-minute Locust Pose
- Your Favorite Exercise

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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MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: GOLF

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **INVERTED HAMSTRING STRETCH**

- **WORLD'S GREATEST STRETCH:**

Stand with your back straight, arms to your sides. Step forward into a lunge with your right foot. Place your left hand on the ground and your right elbow to the inside of your right foot and hold the stretch for two seconds. Rotate your right arm and chest to the sky as far as you can. Hold for two seconds. Take your elbow back and down toward your instep and reach through to your opposite side. Place your right hand outside your right foot and repeat. Make sure to keep your back knee off the ground and to contract the glutes.

- **KNEE HUGS**

- **T-HIP ROTATIONS**

- **STANDING FORWARD BEND STRETCH**

- **HIP FLEXORS AND PSOAS STRETCH**