

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 BODY AND CORE

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jacks
- Alternate Slow High Knees
- Wide Squats
- Butt Kicks

MAIN SET

- 30 Mountain Climbers
- 20 Fire Hydrants Each Side
- 25 Jumping Jacks
- Walking Lunge With Twist
- 10 Second V Sit
- Wide Squat Pulses

TUESDAY

WARM UP

30 seconds each

- Jog In Place
- Alternating High Knee To Opposite Elbow
- Air Jump Rope
- Slow Lateral Side Shuffle

MAIN SET

- 20 Side Lunges, Alternate
- 30 Second Air Jump Rope
- 20 Squats
Hold For 3 Seconds At Bottom
- 20 Calf Raises
- 15 Single Leg Bridge (Alternate)
- 20 Seated Toe Touches

WEDNESDAY

WARM UP

30 seconds each

- Jumping Jacks
- 8 Inward Hip Rotations
- 8 Outward Hip Rotations
- Jog In Place
- Wide Squats

MAIN SET

- 15 Cobra
- 30 Sec Of Jogging In Place
- 20 Glute Bridges
- 30 Sec Of Jumping Jacks
- 15 Side Planks
- 30 Sec High Knees
- 20 Upward Facing Dog

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jumping Jacks
- Air Jump Rope
- Jog In Place
- Butt Kicks

MAIN SET

- 20 Forward Lunges
- 30 Sec Jog In Place
- 20 Reverse Lunges
- 30 Mountain Climbers
- 15 Squats With High Knee
- 30 Seconds Air Jump Rope
- 20 Squat Jumps
- 10 Bird-dogs

FRIDAY

WARM UP

30 seconds each

- High Knees With Lat Pull Downs
- Large Arm Circles Forward/Back
- Slow Alternating Front Kicks
- Wide Slow Squats

MAIN SET

- 20 Squat Jacks
- Your Favorite Core Exercise From This Week
- 30 Alternating Front Kicks
- Your Favorite Leg Exercise From This Week
- 20 Switch Lunges
- 15 Plank Rotations

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.