

# WORKOUT OF THE WEEK



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

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## THEME: TRACK

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### MONDAY

#### WARM UP

30 seconds each

- Low Squats
- Standing Side Crunch R/L
- Slow Mountain Climbers
- Torso Twists

#### MAIN SET

- 25 Wide Squats
- 1 Minute Plank
- 10 Second Superman Hold 3x
- 25 Plank Jacks
- 20 Dead Bugs
- 20 Scissor Kicks

### TUESDAY

#### WARM UP

30 seconds each

- Shoulder Circles
- Jumping Jacks
- Arm Circles
- High Knees

#### MAIN SET

- 20 Push Ups
- 20 Dead Rows
- 15 Burpees
- 15 Overhead Presses
- 10 Inchworms
- 20 Tricep Kickbacks

### WEDNESDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Side Lunges
- High Knee
- Hip Circles

#### MAIN SET

- 25 Single-leg Glute Bridge
- 20 Side Plank Leg Lift
- 20 Bird Dog
- 20 Bicycle Crunches
- 20 Lateral Leg Raises
- 20 Hip Thrusts

REST 1-2 MINUTES IN BETWEEN SETS.

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Hot: 5 sets

Sizzling: 7 sets

### THURSDAY

#### WARM UP

30 seconds each

- High Knees
- Forward Jumps, Shuffle Back
- Russian Twists
- Lunge Forward, Kick Back

#### MAIN SET

- 10 Front Lunges
- 12 Side-to-side Squats
- 10 Back Lunges
- 20 Jack Knives
- 10 Side Lunges
- 20 Plank Leg Lifts
- 10 Rolling Squats

### FRIDAY

#### WARM UP

30 seconds each

- Run In Place
- Burpees
- Stutter Steps
- Butt Kicks

#### MAIN SET

- 20 Inchworms
- Your Choice Upper Body Exercise
- 20 Plank Rotations
- Your Choice Core Exercise
- 20 Donkey Kicks
- Your Choice Leg Exercise
- 20 Glute Bridges

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: TRACK

# DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **HEEL WALK WITH TOE REACH**
- **WALKING LUNGE (QUADRICEPS / PSOAS)**
- **LUNGE WITH OVERHEAD STRETCH (QUADRICEPS, PSOAS, CORE)**
- **QUAD RELEASE**
- **SHOULDER RELEASE**
- **ARM CIRCLES FORWARD AND BACK**