

WORKOUT OF THE WEEK



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

THEME: BADMINTON

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jacks
- Reverse Lunges
- Wide Squats
- Slow Inchworms

MAIN SET

- 15 Dead Bugs
- 30 Second Side Plank (R/L)
- 30 Russian Twists
- 25 Plank Jacks
- 30 Glute Bridges
- 10 Chops

TUESDAY

WARM UP

30 seconds each

- Large Arm Circles
- Jump Rope Or Air Jump Rope
- Shoulder Rolls
- Slow Burpee

MAIN SET

- 20 Deadlifts
- 20 Dead Rows
- 15 Rotator Raises
- 20 Bicep Curls
- 20 Overhead Presses
- 20 Overhead Extensions
- 20 Chest Presses

WEDNESDAY

WARM UP

30 seconds each

- Jog In Place
- Cross Jacks
- Standing Side Crunches
- Bent Over Twists

MAIN SET

- 20 Mountain Climbers
- 20 Inch Worms To Push Up
- 20 Russian Twists
- 20 Pelvic Thrusts
- 20 Supine Bridge
- 15 Plank To Push Up
- 20 V-ups

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jog In Place
- Skaters
- Jumping Jacks
- Grapevine

MAIN SET

- 10 Burpees
- 15 Squats
- 20 Lunges
- 1-minute Plank
- 10 Jump Squats
- 20 Side Lunges (10 Per Side)
- 10 Bird Dogs
- 20 Glute Bridges

FRIDAY

WARM UP

30 seconds each

- Hip Circles
- Arm Circles
- Jumping Jacks
- Lunges

MAIN SET

- 20 Downward Dog To Push Up
- Your Choice Upper Body Exercise
- 20 Body Saw
- 20 Side Plank To Hip Lift
- Your Choice Core Exercise
- 20 Squat Jumps
- Choice Leg 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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THEME: BADMINTON

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **TOE TOUCHES**

- **ROTATING WRIST STRETCH**

This lengthens the muscles toward the radial side versus the ulnar side.

- **HAMSTRING STRETCH**

- **CROSS SHOULDER STRETCH**

This loosens up the back area of the shoulder.

- **ASSISTED REVERSE CHEST STRETCH**

This stretches the lower chest muscle group.