

WORKOUT OF THE WEEK



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

THEME: HOCKEY

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jacks
- Knees To Chest, Alternate
- Inchworms
- Wide Squats

MAIN SET

- 15 Dead Bugs
- 20 Second Plank
- 10 Star Abs
- 15 Russian Twists
- 30 Second Side Plank R/I
- 20 Bird Dog

TUESDAY

WARM UP

30 seconds each

- Run In Place
- Arm Circles Forward/back
- Shoulder Rolls F/b
- Jump Rope/air Jump Rope

MAIN SET

- 20 Dead Rows
- 20 Pushups
- 20 Chest Presses
- 20 Renegade Pushups
- 20 Overhead Presses
- 20 Side Raises

WEDNESDAY

WARM UP

30 seconds each

- Reverse Lunge High Kick
- Cross Jacks
- Standing Side Crunches
- Bend Over Twists

MAIN SET

- 20 Body Saws
- 20 Superman
- 20 Mountain Climbers
- 20 Hip Bridges
- 20 Leg Raises
- 20 Leg Extension

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jog In Place
- Burpees
- Butt Kicks
- Jumping Jacks

MAIN SET

- 10 Front Lunges
- 10 Walking Squat
- 10 Reverse Lunges
- 20 Squat Pulses
- 10 Lateral Lunges
- 10 Squat With A Lateral Leg Raise
- 30 Second Squat Hold
- 20 Plank Rotations (10 Per Side)

FRIDAY

WARM UP

30 seconds each

- Jogging In Place With High Knees
- Arm Circles (Both Directions)
- Hip Circles (Both Directions)
- Alternating Lunges

MAIN SET

- 20 Side Raises
- Your Choice Upper Body Exercise
- 15 Dead bugs
- Your Choice Core Exercise
- 30 Squats
- Your choice Leg Exercise
- 20 Renegade Pushups

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: HOCKEY

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- CHILD POSE
- SEATED FORWARD BEND
- SEATED STRADDLE
- PIGEON
- EXTENDED LEG SQUAT
- PLANK POSE