

WORKOUT OF THE WEEK



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

THEME: SKIING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jacks
- Knees To Chest
- Toe Touches
- Side Bends

MAIN SET

- 15 Second Side Plank With Leg Extension x 2
- 20 Ins And Outs
- 20 Plank Jacks
- 15 Standing Chop
- 10 V-sit Slow Twist Each Side
- 10 Ab Rollouts

TUESDAY

WARM UP

30 seconds each

- Run In Place
- Large Arm Circles
- Wall Pushups
- Shoulder Shrugs

MAIN SET

- 15 Overhead Presses
- 15 Bentover Rows
- 20 Chest Presses
- 20 Bicep Curls
- 20 Overhead Extensions
- 10 Air Jacks

WEDNESDAY

WARM UP

30 seconds each

- Alternating Jumping Jacks
- Lunges
- Criss Cross Crunches
- Inch Worm

MAIN SET

- 25 Mountain Climbers
- 20 Sec Plank Kicks (Each Side)
- 20 Side Hip Bridge
- 20 Sec Plank Reaches (Each Side)
- 20 Sec Hollow Hold
- 20 Russian Twists
- 30 Sec Windshield Wipers

REST 1-2 MINUTES IN BETWEEN SETS.

WORKOUT OF THE WEEK



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

THEME: SKIING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

THURSDAY

WARM UP

30 seconds each

- Jog In Place
- Lateral Circles
(Leg, Arm, Other Leg, Other Arm)
- Hop On 1 Foot As Fast As You Can
(30 Sec Per Side)
- Skaters

MAIN SET

- 20 Jumping Lunges (10 Per Side)
- 20 Bulgarian Split Squats
- Single Leg Side Plank
(30 Seconds Each Side)
- 20 Russian Twists
- 10 Regular Squats
- 10 Front Lunges
- 10 Back Lunges
- 20 Glute Bridges

FRIDAY

WARM UP

30 seconds each

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

MAIN SET

- 20 Inchworms
- 20 Dead Rows
- 10-second Superman Hold (x 3)
- 1-minute Plank
- 20 Donkey Kicks
- 20 Scissor Kicks
- 20 Squats
- 20 Lunges (10 Per Side)

* This Friday workout features a special running workout to prepare for the Chinatown YMCA's Annual CCHP Chinese New Year Run.

REST 1-2 MINUTES IN BETWEEN SETS.

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

THEME: SKIING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **COUCH STRETCH: HIP FLEXORS AND QUADRICEPS**

Standing in front of a couch or chair. Place the top of your right foot on the seat of the couch then lower into a lunge. Adjust your body until your right heel is touching or nearly touching your right glute. Keep your torso straight and gently press your hips forward until you feel a mild stretch through the front of your right hip and thigh. Hold the stretch then switch legs.

- **SIDE LUNGE STRETCH**

Inner Thighs and Hips. Begin standing with your feet hip-width apart then take a large step to your right. Transfer your weight to your right leg and lower into a side lunge until you feel a stretch down the inside of your left leg. Hold here before switching sides.

- **DOWNWARD DOG WITH LEG PEDALS**

Hamstrings, calves, and back. Begin on your hands and knees then lift your knees off the floor and press your hips toward the ceiling. Extend your legs and press your heels into the floor until you feel a stretch through the back of your leg, lift your hips to intensify the stretch. Maintain this position as you slightly lift your left heel off the floor to increase the stretch in your right calf. Hold for a count of two then lift your right heel. Continue to "pedal" your heels throughout the stretch.

- **KNEE-TO-CHEST STRETCH:**

Low back and glutes. Lay flat on your back with your legs extended. Bring one knee toward your chest as far as you comfortably can. Hold here then repeat with your other leg. End the sequence by pulling both knees toward your chest at the same time.

- **SEATED GLUTE STRETCH**

Glutes, hips, and hamstrings. Sit on the floor with your torso slightly reclined supported by your arms, knees bent and feet flat. Lift your right ankle and place it on your left knee. Press your right knee slightly away from your body while simultaneously lifting your torso upright until you feel a stretch through your right glute. Hold here then repeat the movement with your left leg.