

WORKOUT OF THE WEEK



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

THEME: BOWLING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- High Knee March
- Inchworms
- Butt Kicks
- Side Bends

MAIN SET

- 20 Mountain Climbers
- 10 V-sits
- 10 Inchworms
- 20 Russian Twists
- 20-20-20 Plank
- 20 Bicycle Crunches

TUESDAY

WARM UP

30 seconds each

- Arm Circles Wide
- Arm Circles Small
- Run In Place
- Shoulder Shrugs

MAIN SET

- 15 Alternating Bicep Curls
- 15 Overhead Tricep Extensions
- 15 Overhead Presses
- 15 Bent Over Rows
- 15 Side Raises
- 15 Tennis Ball Squeezes

30 seconds each

WEDNESDAY

WARM UP

30 seconds each

- Jumping Jacks
- Lunges
- Jog in Place
- Hip Circles
- Inch Worm

MAIN SET

- 20 Sec Leg Raises With Circles
- 40 Sec Side Leg Raises
- 30 Sec Plank With Leg Raises
- 30 S Side Plank
- 15 Climber Taps
- 10 Side Plank Crunches
- 10 Alternate Arm And Leg Raises

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jog In Place
- Grape Vines
- Torso Twists
- Body Rolls

MAIN SET

- 10 Front Lunges
- 10 Squats
- 10 Pushups
- 10 Crescent Lunges
- 20 Plank Rotations (10 Per Side)
- 10 Reverse Lunges
- 20 Glute Bridges

FRIDAY

WARM UP

30 seconds each

- Jog In Place
- High Knees
- High Kicks
- Rear Kicks

MAIN SET

- 1-minute Plank
- Your Favorite Core Exercise
- Russian Twists
- Your Favorite Upper Body Exercise
- 40 "around The World" Lunges (10 Front, 10 Back, 10 Each Side)
- Your Favorite Lower Body Exercise

REST 1-2 MINUTES IN BETWEEN SETS.

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MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: BOWLING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **WRIST FLEXION**

Hold your arm straight in front of you, palm down. Drop your hand at the wrist, and grasp your fingers with the opposite hand, gently pulling down to increase the stretch ever so slightly. You DO NOT want to use a lot of force with these exercises – go slowly and gently to avoid injury. Repeat with your other hand.

- **WRIST EXTENSION**

Hold your arm in front of you, palm down. This time, raise your palm (bending at the wrist) and use the opposite hand to gently pull your fingers back towards your body. Repeat with your other hand.

- **ASSISTED REVERSE CHEST AND SHOULDER STRETCH**

Stand upright with your back towards a table or bench and place your hands on the edge. Bend your arms and slowly lower your entire body.

- **LYING KNEE ROLL-OVER LOWER BACK AND CORE STRETCH**

While lying on your back, bend your knees and let them fall to one side. Keep your arms out to the side and let your back and hips rotate with your knees.

- **KNEELING HIP AND QUAD STRETCH**

Kneel on one foot and the other knee. If needed, hold on to something to keep your balance and then push your hips forward.