

WORKOUT OF THE WEEK



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

THEME: CRICKET

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Skip in place
- Inchworms
- Side lunges
- Hip circles

MAIN SET

- 15 Standing Chops Each Side
- 15 Plank Jacks
- 20 Bicycle crunches
- 5 sec Reverse Plank holds x 3
- 3 sec Hollow Hold x 5
- 10 Rotating Side Planks

TUESDAY

WARM UP

30 seconds each

- Arm circles
- Shoulder shrugs
- Arm hugs
- Side bends
- Jog in place

MAIN SET

- 15 Push Ups
- 20 Bicep Curls
- 15 Dips
- 20 Flys
- 15 Bent Over Rows
- 20 Renegade Rows

WEDNESDAY

WARM UP

30 seconds each

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

MAIN SET

- 2 min Plank to Dolphin
- 15 Diamond Pushups
- 20 Bicycle Crunches
- 1-min Plank Taps
- 1-min Side Plank with Twist
- 1-min Lateral Plank Walk

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Bear crawls
- Jump rope in place
- Chest-to-knee walks
- Butt kicks

MAIN SET

- 10 Forward Lunges
- 1-minute Plank
- 10 Backwards Lunges
- 10 Plank Rotations (5 per side)
- 20 Lateral Lunges (10 per side)
- 10 Burpees
- 10 Glute Bridges

FRIDAY

WARM UP

30 seconds each

- Jog in Place
- Arm Circles
- Chest Extensions
- Torso Extension

MAIN SET

- 1-minute Plank
- Your choice Leg workout
- 30 bicep curls per arm
(with weights or soup cans)
- Your choice Upper Body workout
- 20 Squats
- Your choice of Core workout
- 20 Glute Bridges
- 20 Bird Dogs

REST 1-2 MINUTES IN BETWEEN SETS.

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DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **STANDING HIGH-LEG BENT KNEE HAMSTRING STRETCH**

Stand with one foot raised onto a table. Keep your leg bent and lean your chest into your bent knee.

- **LYING KNEE ROLL-OVER 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.

- **ELBOW-OUT SHOULDER AND ROTATOR STRETCH**

Stand with your hand behind the middle of your back and your elbow pointing out. Reach over with your other hand and gently pull your elbow forward.