

# WORKOUT OF THE WEEK



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

---

## THEME: LOWER & UPPER BODY

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### MONDAY

#### WARM UP

30 seconds each

- Jog In Place
- Squat With Front Kick
- Jumping Jack
- Hip Circles

#### MAIN SET

- Side To Side Single Leg Hops
- Standing Side Crunch
- 15 Plank Jacks
- 15 Leg Scissors
- 15 Heel Touches
- 15 Hip Bridges

### TUESDAY

#### WARM UP

30 seconds each

- Run In Place
- Calf Raises
- Wide Squats
- Alternating Standing Toe Touches

#### MAIN SET

- 25 Wide Squats
- 20 Donkey Kicks
- 15 Front To Lateral Raises
- 20 Lateral Lunges
- Single Leg Hip Bridge With Leg Extension
- 15 Renegade Pushups

### WEDNESDAY

#### WARM UP

30 seconds each

- Jog In Place
- Hip Circles
- Alternate Butt Kicks
- Side Lunges

#### MAIN SET

- 30 Mountain Climbers
- 20 Fire Hydrants Each Side
- 25 Jumping Jack
- Walking Lunge With Twist
- Wide Squat Pulses
- 10 Second V Sit

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: LOWER & UPPER BODY

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### THURSDAY

#### WARM UP

30 seconds each

- Run In Place
- Warrior One Pose
- Forward Linear Jumps
- Lateral Shuffles

#### MAIN SET

- 10 Side-jumps
- 10 Bear Crawls
- 10 Side Lunges With High Knee
- 10 Hip Rotations
- 20 Side Lying Hip Adductors
- 20 Side Lying Hip Abductors

### FRIDAY

#### WARM UP

30 seconds each

- Jump Rope
- Your Favorite Warm-up Exercise From This Week!
- Squat With High Knee Pull
- Sprint In Place (10 Sec/rest/repeat)

#### MAIN SET

- 15 Squat Jack
- 15 Deadlifts
- Your Favorite Leg Exercise From This Week!
- 15 Burpees
- Your Favorite Core Exercise From This Week!
- 15 Plank Jacks

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.**

# WORKOUT OF THE WEEK



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

---

## THEME: LOWER & UPPER BODY

# DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **STANDING ROLL-DOWN**  
HOLD 8-10 SECONDS
- **STANDING DORSI-FLEXION (STRETCHES CALVES)**  
HOLD FOR 15-30 SECONDS
- **SEATED BUTTERFLY STRETCH (STRETCHES THIGHS)**  
HOLD FOR 15-30 SECONDS
- **SEATED STRADDLE STRETCH (STRETCHES ABS, BACK, THIGHS)**  
HOLD FOR 15-30 SECONDS
- **QUAD TO IT BANDS STRETCH –HOLD 8-10 SECOND**