

9.1.19 Workout of the Week

MONTH/YEAR _____

COMPLETIONS


FREQUENCY GOAL _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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 Resistance tube


 Alternate sides

 Repeat

1 

60 Side Step w/ Curl

Alternate sides (so 30 per side). Or do 30 side leg lifts on each leg.

2 

15

Wood Choppers

Then switch sides!

3

20

Sumo Squats w/ Reverse Fly

4 

15

Single Leg Deadlift w/ OH Press on Opposite Arm

Then switch sides!

5

20

Push Ups at an Incline

Or on the floor, or on your knees!

6

15

Incline Crossing Mountain Climbers

You can do them on the floor without the incline.

7

20

Side Plank Crunches

Incline is up to you! Then, switch sides.

8

20

Seated Crunches

9

10

Seated Straight Leg Lifts

BOOM!

Stretch, hydrate, and get on with your day!

You're on fire! Do it once for a quick workout or three times for a longer one.