

8.4.19 Workout of the Week

MONTH/YEAR _____

FREQUENCY GOAL _____

COMPLETIONS

 Free weight

 Alternate sides

 Repeat

 Resistance tube



For a full workout, do each circuit below 2x, then Break it up or do fewer as needed!

1



20 Sumo Squats w/ Bicep Pulses w/ Weights or Bands

Skip the weights or bands if needed!

2



12 Curtsey Lunges w/ Scapular Pulls w/ Weights or Bands

Skip the weights or bands if needed!

Switch sides!



3



12 Single Leg Squats w/ Bicep Curl & OH Press w/ Weights or Bands

Skip the weights or bands if needed!

Switch sides!

4



20 Field Goal Arm Pulses w/ Side Leg Lifts

Skip the weights or bands if needed!

Switch sides!

3 Minutes of Cardio

1 minute of Speedskaters
1 minute of Side to Side Line Jumps
1 minute of Burpees



1

15 Happy Starfish

1 on each side counts as 1

2

20 Reclining Bicycles



3

10 Side to Side Knee Drops

1 on each side counts as 1

BOOM!



Stretch, hydrate,
and
get on with your day!