

8.25.19 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!

<p>1  15</p> <p>Military Press w/ Resistance Band Sub 30 squats w/o equipment.</p>	<p>2  15</p> <p>Curtsey Lunges w/ Bicep Curl w/ Band Skip the curl w/o band.</p>	Switch sides!
		
<p>3  15</p> <p>Lunges on 1 Side w/Row THEN Lunges on Other Side w/Reverse Fly</p>	<p>4  10</p> <p>Snow Angel Arms w/ or w/o Band</p>	
<p>1 15</p> <p>Downward Dog to Crossing Mountain Climber</p>	Switch sides!	<p>2  10</p> <p>Kneeling Squats w/ Twist Alternating Sides</p>
<p>3 10</p> <p>Alternating Shoulder Taps in Bear Position</p>		<p>4 10</p> <p>Bear Position to Plank</p>
<p>5 10</p> <p>Alternating Animal Flow – Bear Position Twist</p>		
<p>1  15</p> <p>Donkey Kicks w/ Band (1 side)</p>	<p>2  15</p> <p>Pulsing Leg Lifts w/ Band (1 side)</p>	
		
<p>3  15</p> <p>Side Crunch Donkey Kicks w/ Band (1 side)</p>		
<p>After completing exercises 1-3, switch sides & repeat.</p>		

BOOM!

Stretch, hydrate, and get on with your day!