

## 9.08.19 Workout of the Week





MONTH/YEAR \_\_\_\_\_




FREQUENCY GOAL \_\_\_\_\_

COMPLETIONS

-  Free weight
-  Alternate sides
-  Repeat
-  Resistance tube

For a full workout, do each circuit below 1-3x, then    Break it up or do fewer as needed!

<div style="display: flex; justify-content: space-between; align-items: center;"> <span>1</span> <div style="display: flex; gap: 5px;">   </div> <span style="font-size: 2em; font-weight: bold;">15</span> </div> <p><b>Sumo Squat w/ 1 arm OH Press</b> Use weights or a band</p>	Switch sides!	<div style="display: flex; justify-content: space-between; align-items: center;"> <span>2</span> <div style="display: flex; gap: 5px;">   </div> <span style="font-size: 2em; font-weight: bold;">30</span> </div> <p><b>See Saw Rows</b> Or, extended arm circles if you don't have weights or a band</p>
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<div style="display: flex; justify-content: space-between; align-items: center;"> <span>3</span> <div style="display: flex; gap: 5px;">   </div> <span style="font-size: 2em; font-weight: bold;">15</span> </div> <p><b>Tricep Extensions</b> Sub dips or push ups if you don't have weights or a band</p>	Repeat rows & triceps	<div style="display: flex; justify-content: space-between; align-items: center;"> <span>4</span>  <span style="font-size: 2em; font-weight: bold;">15</span> </div> <p><b>Lunges w/ Torso Twist</b> or skip weights and clasp hands together</p>	Switch sides!
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<div style="display: flex; justify-content: space-between; align-items: center;"> <span>1</span> <div style="flex-grow: 1;"> <p><b>Single Leg Booty Blaster</b></p> <span style="font-size: 2em; font-weight: bold;">15</span> <p>Or, Single Leg Hip Bridge</p> </div> </div>	Switch sides!	<div style="display: flex; justify-content: space-between; align-items: center;"> <span>2</span> <div style="flex-grow: 1;"> <p><b>Diamond Booty Blasters</b></p> <span style="font-size: 2em; font-weight: bold;">15</span> <p>Or, Diamond Hip Bridges: heels together, knees apart</p> </div> </div>
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<div style="display: flex; justify-content: space-between; align-items: center;"> <span>3</span> <span style="font-size: 2em; font-weight: bold;">15</span> </div> <p><b>Bent Over Side Crunch</b></p>	Switch sides!	<div style="display: flex; justify-content: space-between; align-items: center;"> <span>4</span> <span style="font-size: 2em; font-weight: bold;">10</span> </div> <p><b>Single Leg Hip Rotations</b></p>	Switch sides!	<div style="display: flex; justify-content: space-between; align-items: center;"> <span>5</span> <span style="font-size: 2em; font-weight: bold;">10</span> </div> <p><b>Cross Over Step Ups</b> Optional: add Bicep curl. Sub Curtsey Lunge w/o step</p>	Switch sides!
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<div style="display: flex; justify-content: space-between; align-items: center;"> <span>1</span>  <span style="font-size: 2em; font-weight: bold;">30</span> </div> <p><b>Alternating Scissor Crunches</b></p>	Repeat	<div style="display: flex; justify-content: space-between; align-items: center;"> <span>2</span> <span style="font-size: 2em; font-weight: bold;">10</span> </div> <p><b>Side to Side Knee Drops</b></p>
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<div style="display: flex; justify-content: space-between; align-items: center;"> <span>3</span> <span style="font-size: 2em; font-weight: bold;">20</span> </div> <p><b>Luges</b></p>
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BOOM!





Stretch, hydrate, and get on with your day!