

6.16.19 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 </p> <p>15 Sumo Goblet Squats w/ Weights</p> <p>Skip the weights if needed!</p>	<p>2 20 Infinity Lunges</p> <p>Sub: Clasp hands together & do the same movement w/o weights.</p>
--	---

<p>3 </p> <p>10 Single Leg Deadlifts w/ OH Press</p>	<p>Skip the OH Press if you don't have weights.</p>
--	---

<p>1 </p> <p>20 Rows</p> <p>Sub: Bent Over Rows w/ Weights or Arm Circles w/ No Weights</p>	<p>2 </p> <p>15 Tricep Extensions</p> <p>Sub: Dips</p>
---	--

<p>3 </p> <p>10 Chest Press</p>	<p>Sub: 10 Push Ups</p>
---	-------------------------

Do this circuit using a resistance tube anchored chest high.

<p>1 </p> <p>15 Russian Twists w/ or w/o Weights</p>	<p>2 15 Balance Crunches</p>
--	-------------------------------------

<p>3 10 Roll Up Sit Ups</p>	
------------------------------------	--

BOOM!    Stretch, hydrate, and get on with your day!