

7.7.19 Workout of the Week

MONTH/YEAR _____

FREQUENCY GOAL _____

COMPLETIONS

 Alternate sides

 Repeat

 Resistance tube

This week, all exercises are done using a resistance tube. If you don't have one, you can sub hand weights or skip the tube.

1



12 Lunge to OH Press

2



20 Goblet Squat

3



12 Curtsey Lunge to Bicep Curl

4



20 Single Deadlift to OH Press

5



15 Bent Over Row

6



15 Bent Over Tricep Extension

7



15 Bent Over Reverse Flies

8



15 Single Leg Donkey Kicks on All Fours

9



20 Diamond Leg Lifts

BOOM!



Stretch, hydrate,
and
get on with your day!



Repeat circuit for more.



Repeat circuit

