

Workout of the Day

February 24-28

HIP MOBILITY MONDAY:

COUCH STRETCH
BANDED HIP FLEXION
SIDE LYING ABDUCTOR LEG LIFT
90/90 WITH LEAN
SIDE PLANK CLAMSHELL HIP RAISE

1-2 SETS, 10 - 15 REPS

TIMED CHALLENGE TUESDAY:

AIM TO HOLD YOUR LONGEST
FOREARM PLANK

CAN YOU EXCEED FOUR MINUTES?

HITT "HUMP" DAY :

HIGH KNEES
SKATER JUMPS
BURPEES
INCH WORM
HIGH PLANK TOE TAPS
EACH EXERCISE 30 SECONDS WITH A
30 SECOND REST
REPEAT CIRCUIT FOUR TIMES

PUSH/ PULL THURSDAY:

PULL UPS
SHOULDER PRESS
LAT PULLDOWN
UPRIGHT ROW
TRICEP EXTENSION

4 SETS, 6-8 REPS
DUMBELL OR BARBELLS

UNTILL FAILURE FRIDAY:

BICEP CURLS
BARBELL OR DUMBELLS
4 SETS, 6-8 REPS

LAST SET,
CONTINUE UNTILL FAILURE

