

# WEEKLY WORKOUTS

## Week 6: May 11<sup>th</sup> to 15<sup>th</sup>

### Workout #1

**Warm-up:** Complete 3 times (sets)

- 20 Jumping Jacks
- 10 Situps
- 5 Pushups

**Main Workout:** Find one or two heavy objects to hold can complete a squat (while holding the heavy object(s) at your chest) and then press above your head.

- Heavy Object Squat and Press.
  - Complete 5 Sets of 10 Repetitions

**Endurance:**

- Complete a 5 km run or bike.

### Workout #2

**Warm-up:** Complete 3 times (sets)

- 12 Step-ups (each leg)
- 12 Stair Pushups

**Main Workout:** Complete 4 sets

- 8 Single Leg Chair Squats (each leg)
- 8 Single Leg Hip Thrusters (each Leg)
- 8 Alternating Chair Hops
- 8 Pushups

**Strength Practice:** Complete 5 Sets

- 5 Burpees
- 5 Dips
- 5 Pullups

## Workout #3

**Warm-up:** Complete 2 Sets

- 80 Skips or Jumping Jacks
- 40 Squats
- 20 Ab Twists

**Main Workout:** Complete 10 repetitions of each exercise, then 8 of each, then 6 of each, then 4 of each, then 2 of each. (10-8-6-4-2)

- Table Rows
- Chair Dips
- Lunges

**Strength Practice:** Complete 3 Sets

- Plank (1 to 3 Minutes)

**Skills Practice:**

- Handstands (Walks or Pushups)
- Double Unders