

WEEKLY WORKOUTS

Week 7: May 19th to 22nd

Workout #1

Warm-up: Complete 3 times (sets)

- 20 Jumping Jacks
- 20 Squats
- 20 Situps

Main Workout: Complete 5 Sets of 6 Repetitions

- Pushups
- Table Rows (or Pullups)
- Weighted shoulder press (if you don't have weights, please find something heavy enough to lift overhead six times).

Endurance:

- Complete a 6 km run or bike.

Workout #2

Warm-up: Complete 4 times (sets)

- 8 Step-ups (each leg)
- 8 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 (start with one foot on the chair and the other beside, then hop and switch to the other foot on top of the chair)
- 8 Pushups

Skill Practice: Complete 5 to 10 minutes

- Handstand Walks
- Plank and Side Plank

Workout #3

Warm-up: Complete 5 Sets

- 10 Skips or Jumping Jacks
- 10 Ab Twists

Main Workout: EMOM (Every Minute on the Minute for 10 minutes)

- Pushups (complete 4 to 6 pushups every minute for 10 minutes)
- Rest for 3 minutes
- Table Rows (complete 4 to 6 rows every minute for 10 minutes)

Strength Practice: Complete 3 Sets

- Plank (1 to 3 Minutes)
- Weighted Air Squats (find something to add 20 to 50 lbs and complete 5 sets of air squats)