Wednesday 4/1 – Workout of the Day



\*\*If you are not sure how to perform one of the exercises below please click the following link, and simply type in the name of the exercise for instructions\*\*

<https://workoutlabs.com/exercise-guide/>

**Arms and Abs:**

**Equipment:** Please note if you do not have dumb bells at home you can use water bottles or canned goods to substitute =)

**ARMS – Perform each exercise in order for reccomeded reps 1-2x through.**

|  |  |  |
| --- | --- | --- |
| Exercise | Sets | Reps |
| Dumbbell Shrugs | 2 | 10 |
| Tricep Kickback | 2 | 10 |
| Shoulder Press | 2 | 10 |
| Lying Chest Fly | 2 | 10 |
| Lying Tricep Extension AKA Skull Crushers | 2 | 10 |
| Lateral Raise | 2 | 10 |
| Bent Over Rows | 2 | 10 |
| Upright Rows | 2 | 10 |
| Bicep (Hammer) Curls | 2 | 10 |
| Renegade Row | 2 | 10 |
| Front Raise | 2 | 10 |

**ABS – Perform each exercise in order for reccomeded reps 1-2x through.**

|  |  |  |
| --- | --- | --- |
| Exercise | Sets | Reps |
| Bicycles | 2 | 20 |
| Flutter Kicks | 2 | 20 |
| Scissor Kicks | 2 | 20 |
| Russian Twists | 2 | 20 |
| Ankle Taps | 2 | 20 |
| Plank | 2 | :60 |
| Full Sit Up | 2 | 10 |
| Leg Raises | 2 | 10 |
| V-Ups | 2 | 10 |

**30-20-10 Workout:**

**Directions:** Repeat each round 2x before moving to the next round.

|  |  |  |  |
| --- | --- | --- | --- |
| Round 1 | Round 2 | Round 3 | Round 4 |
| 30 Jumping Jacks | 30 Mountain Climbers | 30 Cross Jacks | 30 Jumping Jacks w/ Tuck |
| 20 Squats | 20 Lunges | 20 Curtsy Lunge | 20 Bicycles |
| 10 Pushups | 10 Wide Pushups | 10 Triangle Pushup | 10 Shoulder Taps |
| REPEAT | REPEAT | REPEAT | REPEAT |
| REST :30 | REST :30 | REST :30 | COMPLETE |

-STRETCH and HYDRATE-

**Stretching Routine:**

Standing: Feet together touch toes, Right over Left, Left over Right, Feet apart (right, left, middle), quad stretch.

Seated: Feet together, Feet apart (right, left, middle), spinals, butterfly stretch