Thursday 4/2 – 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/>

**Circuit Workout:**

**Equipment:** Dumbbells or Water Bottles/Canned Goods

**Circuit 1 – Repeat 2-3x**

|  |  |  |
| --- | --- | --- |
| Exercise  | Sets  | Reps |
| Lateral Raise  | 2-3 | 10 |
| Dumbbell Row | 2-3 | 10 |
| Dumbbell Forward Lunge | 2-3 | 10 |
| Plank | 2-3 | :30 |

**Circuit 2 – Repeat 2-3x**

|  |  |  |
| --- | --- | --- |
| Exercise  | Sets  | Reps |
| Dumbbell Chest Press | 2-3 | 10 |
| Dumbbell Rear Fly | 2-3 | 10 |
| Dumbbell Deadlift | 2-3 | 10 |
| Right Plank | 2-3 | :30 |

**Circuit 3 – Repeat 2-3x**

|  |  |  |
| --- | --- | --- |
| Exercise  | Sets  | Reps |
| Dumbbell Shoulder Press | 2-3 | 10 |
| Superman | 2-3 | 10 |
| Dumbbell Squat | 2-3 | 10 |
| Left Plank | 2-3 | :30 |

**---Stretch and Hydrate ---**

**No Equipment Ladder Workout:**

**40-30-20-10 - Squats and Situps**

**\*\*After each set of situps perform 10 Pushups\*\***

-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