

Workout Of The Week #1



January 8 - 14

Winter Warrior Challenge

Complete the 3 different supersets below.

A superset is 2 exercises completed back to back with no rest inbetween. You can rest once the two exercises have been completed (rest up to 1 minute).

Repeat the same superset for a total of 3 rounds before moving on to the next superset. Each superset includes a Strength Based exercise and a Cardio Based exercise.

Equipment Needed:



5 - 10 lb Dumbbells

+



Step or Chair

+



Timer

Superset #1 (Repeat 3 Rounds)

Exercise 1

Bicep Curl to Shoulder Press
(15 Reps with 5 - 10lb dumbbells)



Exercise 2

Cross Body Mountain Climbers
(Opposite knee to opposite elbow) (30 Seconds)



Superset #2 (Repeat 3 Rounds)

Exercise 1

Elevated Split Squat or Reverse Lunge
(15 Reps per leg. Dumbbells & Step optional)



Exercise 2

Jump Squat or Air Squat
(30 Seconds)



Superset #3 (Repeat 3 Rounds)

Exercise 1

Bentover Row + Tricep Kickback
(15 Reps per arm. 5 - 10 lb dumbbells)



Exercise 2

Plank Jacks or Plank Hold
(30 Seconds)



Visit the City of Leduc YouTube Channel to watch this workout video.



DO your THING.