

Workout Of The Week #3



Jan. 30 - Feb 5.

Winter Warrior Challenge

- 1. Split Squat
- 2. Bench Hop Overs
- 3. Single Leg Squat
- 4. Explosive Step-Ups
- 5. Bench Dips
- 6. Plank Walks
- 7. Bench Crunches
- 8. Jacks on Bench
- 9. Decline Push-Ups
- 10. Mountain Climbers
- 11. Hip Dips

Completing all 11 exercises = 1 Round
Aim to do a total of 2 Rounds.
Watch our YouTube Video for modifications.

Equipment Needed



Bench or Chair

#1 Split Squat 15 - 20 Reps per Leg



#2 Bench Hop Overs 60 Seconds or 50 Reps

#3 Single Leg Squat 15 - 20 Reps per Leg



#4 Explosive Step-Ups 60 Seconds or 50 Reps

#5 Bench Dips 15 - 20 Reps



#6 Plank Walks 60 Seconds or 50 Reps

#7 Bench Crunches 15 - 20 Reps



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



DO your THING.

**Workout Of The
Week #3**



**Jan. 30 -
Feb 5.**

Winter Warrior Challenge

- | | | |
|-----------------------|--------------------|---------------------|
| 1. Split Squat | 2. Bench Hop Overs | 3. Single Leg Squat |
| 4. Explosive Step-Ups | 5. Bench Dips | 6. Plank Walks |
| 7. Bench Crunches | 8. Jacks on Bench | 9. Decline Push-Ups |
| 10. Mountain Climbers | 11. Hip Dips | |

**Completing all 11 exercises = 1 Round Aim to do a total of 2 Rounds.
Watch our YouTube Video for modifications.**

Equipment Needed



**Bench or
Chair**

#8 Jacks on the Bench 60 Seconds or 50 Reps



#9 Decline Push-Ups 15 - 20 Reps



#10 Mountain Climbers 60 Seconds or 50 Reps



#11 Hip Dips 15 - 20 Reps



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



**DO
your
THING.**