Workout Of The Week #4



Feb 6 - 12

Winter Warrior Challenge

- 1. First Position Plie
- 4. Second Position Hold
- 7. Plie Extension
- 10. Small Leg Circles
- 2. First Position Hold

5. Second Position Pulses

- 3. Second Position
- 6. Shoulder Pulses
- 9. Side Leg Raise
- 8. Shoulder Rotations
- 11. Leg Kick Backs

Complete all exercises and the repetitions indicated.

Equipment Needed



weights



Chair

First Position Plie HOLD HOLD 30 - 45 Seconds



#4 Second Position HOLD HOLD 30 - 45 Seconds



First Position Plie 3 Sets of 8



#3 Second Position Plie 3 Sets of 8



#5 Up & Down Pulses 2 Sets of 8



Stay in Second Position Plie. Move up & down an inch. (This is a small movement)

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- 8. Shoulder Rotations
- 11. Leg Kick Backs
- 3. Second Position
- 6. Shoulder Pulses
- 9. Side Leg Raise

#6 Shoulder Pulses 3 Sets of 8

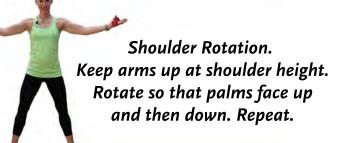


Grab your 2 - 3 lb weights.

Move arms up & down an inch.

(This is a small movement)

#8 Shoulder Rotation 3 Sets of 8



#10 Small Leg Circles 8 Repetitons each direction

Lift your leg out to the side. Move it in tiny circles clock wise. (This is a small movement) After 8 Reps switch direction. Repeat on other leg.

#7 Plie Extension 3 Sets of 8



#9 Side Leg Raises 3 Sets of 8



Lift your leg out to the side. Move it up & down an inch. (This is a small movement) Repeat 3 sets of 8 and then switch sides.

#11 Leg Kick Backs 2 Sets of 8



Kick your leg back behind you and squeeze your glutes.

Continue for 2 sets of 8.

Then hold your leg up behind you and pulse it up and down for 2 sets of 8. Repeat on other leg.



