

Workout Of The
Week #4



Feb 6 - 12

Winter Warrior Challenge

1. First Position Plie
2. First Position Hold
3. Second Position
4. Second Position Hold
5. Second Position Pulses
6. Shoulder Pulses
7. Plie Extension
8. Shoulder Rotations
9. Side Leg Raise
10. Small Leg Circles
11. Leg Kick Backs

Complete all exercises and the repetitions indicated.

Equipment Needed



2 - 3 lb weights

+



Chair

#1 First Position Plie 3 Sets of 8



#3 Second Position Plie 3 Sets of 8



#2 First Position Plie HOLD HOLD 30 - 45 Seconds



#5 Up & Down Pulses 2 Sets of 8

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

#4 Second Position HOLD HOLD 30 - 45 Seconds



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



DO
your
THING.

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#6 Shoulder Pulses 3 Sets of 8



Grab your 2 - 3 lb weights.
Move arms up & down an inch.
(This is a small movement)

#7 Plie Extension 3 Sets of 8



#8 Shoulder Rotation 3 Sets of 8



Shoulder Rotation.
Keep arms up at shoulder height.
Rotate so that palms face up
and then down. Repeat.

#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.

#10 Small Leg Circles 8 Repetitions 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.

#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.



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