

Workout Of The
Week #2



January
15 - 21

Winter Warrior Challenge

This is a Circuit Workout.

Complete each exercise for 30 seconds and take a 10 second break before moving on to the next exercise. Once all 4 exercises have been completed take a 1-minute break. Repeat the circuit 3 more times (4 Rounds in Total).

Equipment Needed:



5 - 10 lb Dumbbells

+



Yoga Mat

+



Timer

Remember to take a 10 second break between exercises.

Exercise 1

Wall Sit with Overhead Raises or Wall Sit Hold.
(30 Seconds of Work. 10 Second Break)



Exercise 2

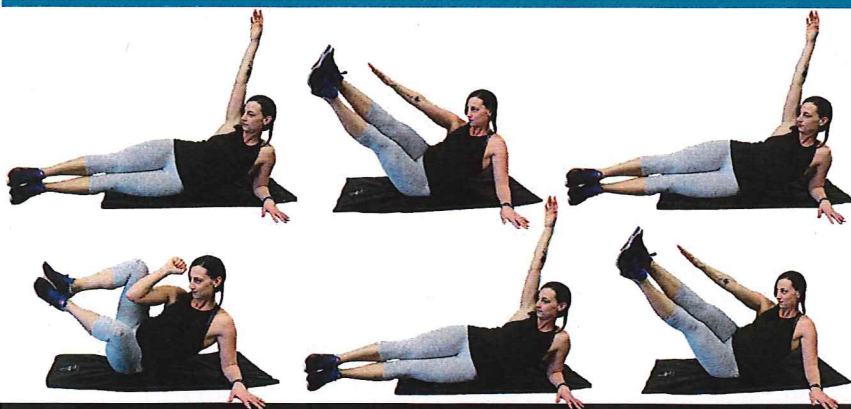
Sprinter Lunges with a Hop or Knee Drive
(30 Seconds Per Leg. 10 Second Break)



After completing all 4 exercises take a 1-minute break. Repeat Circuit 3 more times!

Exercise 3

Mermaid Crunch
(30 Seconds of Work Per Side. 10 Second Break)



Exercise 4

Touch Downs or Sumo Squat
(30 Seconds of Work. 10 Second Break)



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



DO
your
THING.