

Sports Club Weekly Workouts--Week 4 Strength

Equipment Needed : Exercise mat or soft surface is optional

Warmup:

- shoulder circles
- standing fly
- shoulder rolls
- Standing knee raises
- hip external/internal rotation
- Frankenstein
- bodyweight squats
- walkout plank
- plank shoulder taps
- jumping jack

Circuit 1:

- All exercises done back to back, for 12-15 reps, 45-60 second rest between rounds
- 3 rounds total
 - Wide pushups
 - Wide to Narrow Squats
 - Crossfit Situps

Circuit 2:

- All exercises done back to back, for 12-15 reps, 45-60 second rest between rounds
- 3 rounds total
 - Superman Lat pull down
 - Lunge w/ knee drive R/L
 - Side plank W Oblique crunch R and L

Circuit 3:

- All exercises done back to back, for 20-25 reps, 45-60 second rest between rounds
- 3 rounds total
 - Downward Dog pushups
 - Single leg glute bridge R and L
 - Flutters

COOLDOWN ON PAGE 2

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Cooldown:

- Inhale/Exhale
- Flatback
- Lateral lunge R/L
- **Right side**
 - Hip flexor stretch
 - Pyramid stretch
 - Deep lunge
- *repeat left*
- Wide leg forward fold
- Groin stretch
- Shoulder stretch
- Tricep stretch
- Upper back stretch
- Chest stretch
- Shoulder rolls