



This week you have a variety of workouts. You have 3 HIIT workouts you can split into every other day. In between your HIIT workouts, you can start to focus on improving your balance and core strengthening. Complete one of the Balance or Core training at least twice this week, whichever you prefer to repeat.

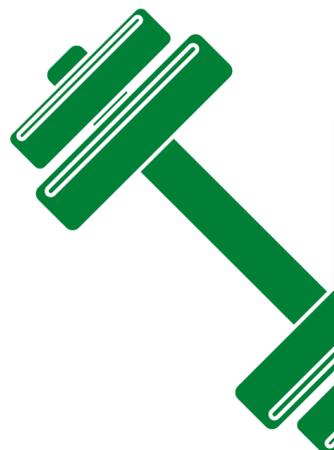


Balance

Today's workout consists of upper body circuits, back and chest exercises. Make sure to complete the exercises in the order below. For example: Once you complete A1, quickly move to A2. After you complete A2, take a 45s rest, then repeat.

Be aware that when doing each side (left and right) individually, you are to complete the number of reps displayed under the "REPS" column.

EXERCISES	REPS	SET
A1. High plank bird dog	A1. 15	4 Rounds of each circuit with a 45s rest in between
A2. Single leg RDL to balance	A2. 15	
B1. Standing lateral raise	B1. 15	
B2. High plank shoulder tap	B2. 15	
C1. Side plank hip raise	C1. 20	
C2. Side lunge to balance	C2. 10	

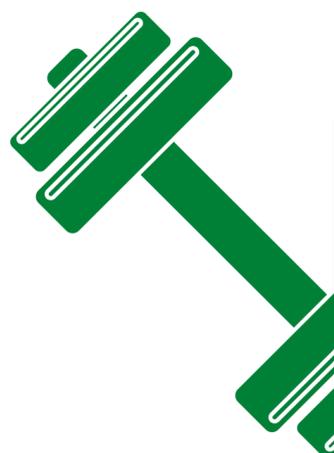


AB Workout

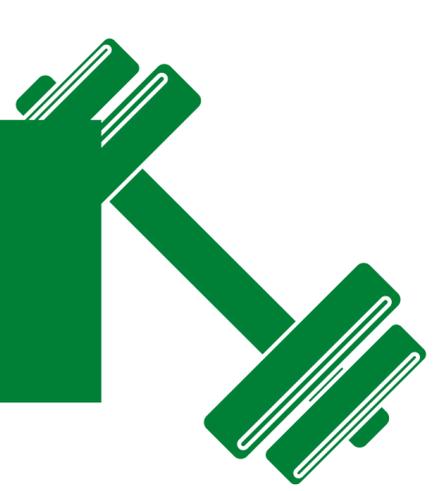


Welcome to Workout Wednesday! Today's workout Consists of the workout below followed by completing 2 miles (jog, walk or both). Complete the exercises below in the given order. Once you complete the Exercises in A, then move to B and so on. Once your done with the workout, then get outside for a 2 mile jog or a 2 mile walk. Have fun!

EXERCISES	<u>TIMER</u>	SET
1. <u>O</u> blique situp 2. Knee tuck 3. Bicycle 4. Spiderman plank	30s On 10s Off 	5 Rounds

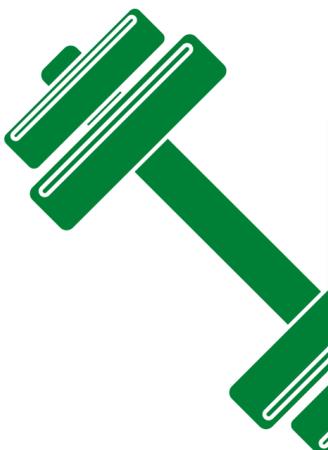


HIIT #1

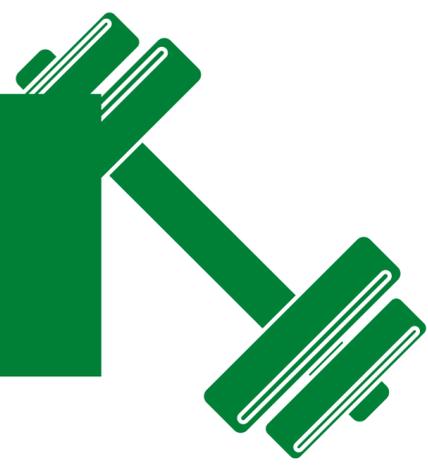


Today's workout consist of 5 exercises. Complete each exercise in order with the given timer. Perform 40s of an exercise, then take a 20s rest before you continue to the 2nd exercise. Once you complete the last exercise, start again from exercise 1. Repeat each exercise in that sequence for a total of 5 rounds.

EXERCISES	REPS	SET
<ul style="list-style-type: none">• High knee• Step up• Burpee• Mountain climber• Weighted rome twist	 40s on 20s off	5 Rounds



HIIT #2

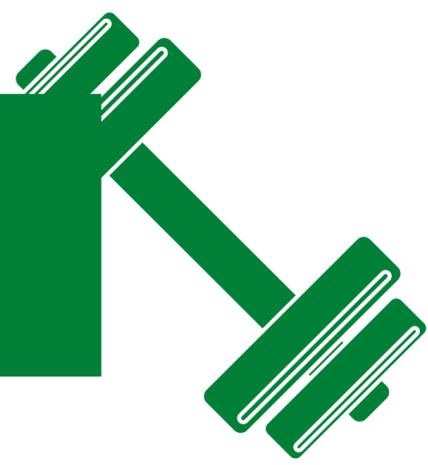


Today's workout consist of 5 exercises. Complete each exercise in order with the given timer. Perform 40s of an exercise, then take a 20s rest before you continue to the 2nd exercise. Once you complete the last exercise, start again from exercise 1. Repeat each exercise in that sequence for a total of 5 rounds.

EXERCISES	REPS	SET
<ul style="list-style-type: none">• Thrusters• High plank knee tuck• Straddle pulse• SL thruster• Jack squat	 40s on 20s off	5 Rounds



HIIT #3



Today's workout consist of 5 exercises. Complete each exercise in order with the given timer. Perform 40s of an exercise, then take a 20s rest before you continue to the 2nd exercise. Once you complete the last exercise, start again from exercise 1. Repeat each exercise in that sequence for a total of 5 rounds. HIIT cardio - you can use your bike, sprint outside, do mountain climbers, high knee; any exercise of your choice for an intense 40s.

EXERCISES	REPS	SET
<ul style="list-style-type: none"> ● Star jack ● Push up ● Weighted Half groaner ● Quadruped hold ● HIIT cardio 40s 	 <p>40s on 20s off</p>	<p>5 Rounds</p>



The MindFlex Method: Recover

The recover series of this workout consists of stretches to help you loosen up the muscles after your workout or on your rest day. If you really enjoy the exercises, you may start your workout with these exercises as well.

Have fun!

EXERCISES	REPS	SET
1. <u>Seated Hip Rotation</u> 2. <u>Reverse Bridge</u> 3. <u>Quad Stretch</u> 4. <u>Half Groiner</u>	Complete 5 reps (each side)	2-4 Rounds