



Weekend Warrior Workout

Instructions: Complete 1 round of the set and then repeat 2 more times.

Note: Please consult your physician before attempting this workout. I am not a physician or a personal trainer, these are exercises that I put together for informational purposes only. Use at your own risk

Cardio -12 min (any cardio of your choice, I love the elliptical)

Set 1

Step ups with curtsy lunge (weights optional) – 12 each leg

Glute bridge with weight – 12

Box jumps –15

Set 2

Squat to shoulder press – 15

Turkish get ups – 7 each side

Wall ball shots –15 (I use a 6 lb. weighted ball)

Set 3

Single leg press (on machine) – 15 each leg

V-ups - 25

Burpees – 12 (not my favorite, but they are effective)

Cardio – 8 min (any cardio of your choice)

Stretch Cool Down – 5 min