



Club V Workouts - Nov.Dec

At Home Workouts - Do Workout 1 & 2 four times a week

Click on the exercise to view how to perform it

Warm Up	Sets	Reps
Jumping Jacks	1	10
Knee Tucks	1	10
Quad Pulls	1	10
Cradles	1	10
Reach Ups	1	10
Lunge - Elbow to Instep	1	10
BW Squats	1	10

Warm Up	Sets	Reps
Jumping Jacks	1	10
Knee Tucks	1	10
Quad Pulls	1	10
Cradles	1	10
Reach Ups	1	10
Lunge - Elbow to Instej	1	10
BW Squats	1	10

Workout #1	Sets	Reps
Fire Hydrants	5	10
Superman	5	10
Tuck Jumps	5	10
Donkey Kicks	5	10
Shoulder Circuit	5	
Forward Circles		10
Backward Circles		10
Swords		10
2 Way Raise		10
Flutter Kicks	5	10
Squat Circuit	5	
Normal		10
Left In Front		10
Right In Front		10
Close		10

Workout #2	Sets	Reps
Hip Raise	5	10
Superman	5	10
Squat Jumps	5	10
Hip Circuit	5	
Front Raise		10
Rear Raise		10
Side Raise		10
Mountain Climbers	5	10
Broad Jumps	5	10
Knees to Chest	5	10
Walking Lunges	5	10
Pushups	5	10