



# 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
<a href="#">Jumping Jacks</a>	1	10
<a href="#">Knee Tucks</a>	1	10
<a href="#">Quad Pulls</a>	1	10
<a href="#">Cradles</a>	1	10
<a href="#">Reach Ups</a>	1	10
<a href="#">Lunge - Elbow to Instep</a>	1	10
<a href="#">BW Squats</a>	1	10

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<a href="#">Jumping Jacks</a>	1	10
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<a href="#">BW Squats</a>	1	10

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

Workout #2	Sets	Reps
<a href="#">Hip Raise</a>	5	10
<a href="#">Superman</a>	5	10
<a href="#">Squat Jumps</a>	5	10
<a href="#">Hip Circuit</a>	5	
Front Raise		10
Rear Raise		10
Side Raise		10
<a href="#">Mountain Climbers</a>	5	10
<a href="#">Broad Jumps</a>	5	10
<a href="#">Knees to Chest</a>	5	10
<a href="#">Walking Lunges</a>	5	10
<a href="#">Pushups</a>	5	10