



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

40/30/20 HAND WEIGHT/ CARDIO WORKOUT

EQUIPMENT: MAT, HAND WEIGHTS (LIGHT/HEAVY), TIMER (I USE THE FREE INTERVAL TIMER APP)

SET TIMER: PERFORM EACH EXERCISE IN THE CIRCUIT IN ORDER FOR 40 SECONDS, 30 SECONDS AND 20 SECONDS WITH A 10 SECOND BREAK IN-BETWEEN EACH EXERCISE.

****BE SURE TO WARM UP BEFORE COMPLETING THIS WORKOUT.**

CIRCUIT 1:

1. SIDE STEP SQUAT WITH A SHOULDER PRESS
2. SQUAT JACKS WITH 1 HAND WEIGHT
3. 2 BENT OVER ROWS, 1 HAMMER CURL TO SHOULDER PRESS
4. 2 HAND WEIGHT FROG BURPEE, STAND BICEP CURL

CIRCUIT 2:

1. ALTERNATING REAR LUNGES WITH ALTERNATING FORWARD PUNCHES (SAME LEG, SAME ARM)
2. ALTERNATING REAR LUNGES WITH BICEP CURL IN BETWEEN
3. GOAL POST ARMS 90 DEGREES, OPEN CLOSE THEN MILITARY PRESS
4. 2 PLANK JACKS, 2 SHOULDER TAPS (OPPOSITE HAND TOUCHES OPPOSITE SHOULDER)

CIRCUIT 3:

1. DEADLIFT TO BICEP CURL AND SHOULDER PRESS
2. 2 HAND WEIGHTS ON THE FLOOR OUTSIDE OF FEET, SQUAT DOWN PICK UP, PUT DOWN, JUMP
3. WIDE SQUAT HOLD WITH FORWARD PUNCHES
4. BEAR CRAWL FORWARD/BACK

CIRCUIT 4:

1. LATERAL LUNGES WITH LATERAL RAISE IN BETWEEN (SIDE LUNGE, SIDE RAISE)
2. SKATERS
3. 1 SKIER SQUAT UP TO 2 OVERHEAD TRICEP EXTENSIONS
4. QUICK FEET

****COOL DOWN**

TOTAL TIME: EACH CIRCUIT WILL TAKE 8 MINUTES. TOTAL WORKOUT AROUND 40-45 MINUTES.

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We strongly recommend that you consult with your physician before beginning any exercise program. By using this content, you represent that you understand that physical exercise involves strenuous physical movement and that such activity carries the risk of injury whether physical or mental and you expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a YMCA program.