



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEFT SIDE/RIGHT SIDE WORKOUT

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

SET TIMER: 45 SECONDS-1MINUTE/10-15 SEC BREAK. COMPLETE EACH EXERCISE IN ORDER BEFORE MOVING ON TO THE NEXT CIRCUIT. OPTION TO USE 1 OR 2 HAND WEIGHTS.

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

CIRCUIT 1-

HAND WEIGHTS- LEFT SIDE REAR LUNGE, FORWARD KICK

CARDIO- HEISMAN OR HOP OVERS

HAND WEIGHTS- RIGHT SIDE REAR LUNGE, FORWARD KICK

CARDIO- HEISMAN OR HOP OVERS

HAND WEIGHTS- ALTERNATE LEFT SIDE/RIGHT SIDE REAR LUNGE, FORWARD KICK

CARDIO- HEISMAN OR HOP OVERS

CIRCUIT 2-

HAND WEIGHTS- HOLD PLANK, LEFT ARM ROW TO TRICEP KICKBACK

CARDIO- INCHWORM OUT, HOP FEET IN JUMP UP, REVERSE INCHWORM, WALK HANDS BACK TO FEET AND JUMP UP

HAND WEIGHTS- HOLD PLANK, RIGHT ARM ROW TO TRICEP KICKBACK

CARDIO- INCHWORM OUT, HOP FEET IN JUMP UP, REVERSE INCHWORM, WALK HANDS BACK TO FEET AND JUMP UP

HAND WEIGHTS- ALTERNATE LEFT SIDE/RIGHT SIDE ROW TO TRICEP KICKBACK

CARDIO- INCHWORM OUT, HOP FEET IN JUMP UP, REVERSE INCHWORM, WALK HANDS BACK TO FEET AND JUMP UP

CIRCUIT 3-

HAND WEIGHTS- LEFT SIDE SINGLE LEG DEADLIFT TO UPRIGHT ROW

CARDIO- QUICK FEET

HAND WEIGHTS- RIGHT SIDE SINGLE LEG DEADLIFT TO UPRIGHT ROW

CARDIO- QUICK FEET

HAND WEIGHTS- ALTERNATE LEFT SIDE/RIGHT SIDE SINGLE LEG DEADLIFT TO UPRIGHT ROW

CARDIO- QUICK FEET

CIRCUIT 4-

HAND WEIGHTS- LEFT SIDE CURTSY LUNGE, WIDE SQUAT, JUMP UP

CARDIO- 4 MOUNTAIN CLIMBERS, 2 PLANK GET UPS OR BURPEE WITH 2 HAND WEIGHT BICEP CURLS

HAND WEIGHTS- RIGHT SIDE CURTSY LUNGE, WIDE SQUAT, JUMP UP

CARDIO- 4 MOUNTAIN CLIMBERS, 2 PLANK GET UPS OR BURPEE WITH 2 HAND WEIGHT BICEP CURLS

HAND WEIGHTS- ALTERNATE LEFT SIDE/RIGHT SIDE CURTSY LUNGE, WIDE SQUAT, JUMP UP

CARDIO- 4 MOUNTAIN CLIMBERS, 2 PLANK GET UPS OR BURPEE WITH 2 HAND WEIGHT BICEP CURLS

CIRCUIT 5-

HAND WEIGHTS- LEFT SIDE FORWARD LUNGE WITH LEFT TORSO TWIST

CARDIO- MOVING JUMPING JACKS, 4 FORWARD, 4 BACK

HAND WEIGHTS- RIGHT SIDE FORWARD LUNGE WITH RIGHT TORSO TWIST

CARDIO- MOVING JUMPING JACKS, 4 FORWARD, 4 BACK

HAND WEIGHTS- ALTERNATE LEFT SIDE/RIGHT SIDE FORWARD LUNGE WITH TORSO TWIST

CARDIO- MOVING JUMPING JACKS, 4 FORWARD, 4 BACK

CIRCUIT 6-

HAND WEIGHTS- 1 HAND WEIGHT BETWEEN FEET. WIDE SQUAT, LEFT ARM 1 HAND WEIGHT POWER SNATCH

CARDIO- 1 HAND WEIGHT SQUAT JACKS

HAND WEIGHTS- 1 HAND WEIGHT BETWEEN FEET. WIDE SQUAT, RIGHT ARM 1 HAND WEIGHT POWER SNATCH

CARDIO- 1 HAND WEIGHT SQUAT JACKS

HAND WEIGHTS- ALTERNATE LEFT SIDE/RIGHT SIDE WIDE SQUAT, 1 HAND WEIGHT POWER SNATCH

CARDIO- 1 HAND WEIGHT SQUAT JACKS

****COOL DOWN**

WRITTEN BY: STACY PINCOCK

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.