

WEEK 2: HOLIDAY BLAST

SUPER SETS



Wednesday is leg day! Every Wednesday we will complete 4 Super Sets that pairs 2 exercises together. Complete the exercises together then take 1 minute rest. Choose Champion, Warrior, or Super Hero to repeat the series.



Wide Climbers



Bounce on the Spot

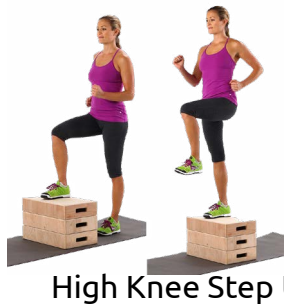
1 Complete School of Strength Warm Up

2 Super Set #1  
8 reps of Wide Climbers (both sides)  
16 reps of Bounce on the Spot

3 1 minute rest



Curtsy Lunge



High Knee Step Up

4 Super Set #2  
8 reps of Curtsy Lunges (both sides)  
8 reps of High Knee Step Up (both sides)

5 1 minute rest



Side to Side Bounds



Tip Toe Walk

6 Super Set #3  
16 reps of Side to Side Bounds  
16 reps of Tip Toe Walk

7 1 minute rest



Good Mornings



Hip Bridge

8 Super Set #4  
16 reps of Good Mornings  
16 reps of Hip Bridge

9 2 minutes rest & drink some water!

10 Champion: Repeat 1 more time  
Warrior: Repeat 2 more times  
Super Hero: Repeat 3 more times



Good Work!  
Time to Cool Down



Good Work! Take a Break &  
Go for 1 More Round!



Good Work! Take a Break  
& Keep Going!