

2 Week Warm Up

Wednesday, February 20, 2013

1:39 PM

Week 1

Day 1 (6 Min)

- Cross Country Skier
- Plank
- Push-up
- Curls

Day 2 (7 Min)

- Jumping Jacks
- Shoulder Raise
- Squats
- Russian Twist

Day 3 (5 Min)

- Cross Country Skier
- Quick Feet
- Front Shoulder Raises
- Rope Pulls

Day 4 (7 Min)

- High Knees
- Lunges
- Triceps Extension
- Curls

Day 5 (5 Min)

- Scissors
- Push-up
- Heavy Pants
- Star Jumps

Day 6 (7 Min)

- High Knees
- Cross Country Skier
- Burpee
- Plank
- Hamstring Extensions

- Calf Raises

- Planks

Week 2

Day 7 (10 Min)

- Push-up
- Triceps Extension
- Star Jumps
- Lunges
- Butt Kickers
- Rope Pulls
- Jump Rope

Day 8 (10 Min)

- Russian Twist
- Scissor Kicks
- Mountain Climber
- Curls
- Cross Country Skier

Day 9 (10 Min)

- Sumo Squats
- Squats
- Triceps Extension
- Burpee
- Quick Feet
- Calf Raises

Day 10 (8 Min)

- Curls
- Plank
- Push-up
- Crunch

Day 11 (8 Min)

- Shoulder Raise Front
- Shoulder Raise Side
- Lateral Raises
- Shoulder Press
- Jumping Jacks
- Butt Kickers
- Scissors

Day 12 (10 Min)

- Cross Country Skier
- Burpee
- Jumping Jacks
- Star Jump
- Rope Pulls
- Hamstring Extensions