

# week five workouts



## hiit workout – tabata

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**Warm-up:** 5 – 10min cardio

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**SET 1** – 4 rounds: 20 seconds active, 10 seconds rest

High Knees | Jumping Jacks | Burpees

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**SET 2** – 4 rounds: 20 seconds active, 10 seconds rest

Jump Rope | Forward Lunges | Push-ups

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**SET 3** – 4 rounds: 20 seconds active, 10 seconds rest

Kettlebell Swings | Renegade Row | Kettlebell Shoulder Press

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**SET 4** – 4 rounds: 20 seconds active, 10 seconds rest

TRX Rows | TRX YTWs | TRX Back Extensions

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## cardio workout

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45 – 60min. of non-traditional cardio exercise

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Get your heart rate up and have some fun by swimming, playing a sport, going on a bike ride, dancing, playing with your kids or pets outside, etc.



» View all weekly workouts or download a digital copy online: [ymcacasclay.org/strong](https://ymcacasclay.org/strong)

scan the code to explore all week five resources – including recipes, videos, and more!



## upper-body workout

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**Warm-up:** 5 - 10min cardio

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**SET 1** - 4 sets of 8 reps each (3 sec. on the way down)  
Decline Push-Ups | Inverted Rows

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**SET 2** - 3 sets of 10 reps each  
Dumbbell Incline Press | Bent Over Row

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**SET 3** - 3 sets of 15 reps each  
GHD Back Extension/Back Extension | Lat Pull Down

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**SET 4** - 3 sets of 12 reps each  
Single-arm Dumbbell Kneeling Shoulder Press  
Alternating Dumbbell Bicep Curl | Tricep Cable Ext.

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**SET 5** - 4 rounds, 45 seconds each  
Mountain Climbers | Left Side Plank  
Right Side Plank | Plank

## lower-body workout

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**Warm-up:** 5 - 10min cardio

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**SET 1** - 3 sets of 10 reps each  
Goblet Squats | Single-Leg Hamstring Curl

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**SET 2** - 3 sets of 15 reps each  
Reverse Lunges | Curtsy Lunges

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**SET 3** - 3 sets of 12 reps each  
Hip Adduction/Abduction | Hip Bridges

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**SET 4** - 3 sets of 12 reps each  
Leg Extensions | Glute Kickbacks

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**SET 5** - 4 rounds, 45 seconds each  
Box/Step Jumps | Speed Skaters | Med Ball Slams