



RenFitness Gym

Workout of the Week

www.renfitness.net

Warm-Up & Activation - follow along with the Lifting Warm-Up Video

Purpose	Exercise	Reps/Time	Notes
<i>dynamic stretching</i>	Inchworm	3	
<i>targeted mobility</i>	Squat Mobility	3	
<i>core activation</i>	Deadbug Hold	5/side	
<i>body integration</i>	Dying Bug	5/side	
<i>glute/hip activation</i>	Cook Hip Lift	5/side	

Lower Body - alternate between these two exercises

Purpose	Exercise	Reps	Set 1	Set 2	Set 3	Notes
<i>linear</i>	Front Squat	8/6/6				Neutral spine!
<i>lateral</i>	SLDL	6/side				Keep hips level!

Upper Body - alternate between these two exercises

Purpose	Exercise	Reps	Set 1	Set 2	Set 3	Notes
<i>push</i>	Spidermans	45 secs				
<i>pull</i>	One-Arm Row	8/side				

Finisher - perform as a circuit -- keep rest time low for maximum effect!

Purpose	Exercise	Reps	Set 1	Set 2	Set 3	Notes
<i>footwork</i>	Reactive Sprint In Ladder	2				
<i>metabolic</i>	Lateral Lunges/Bounds	30 secs				Small amount of time on the ground!
<i>core</i>	Pallof Press	8/side				Relax shoulders!