Workout of the Week 11-28-16

Minimal equipment

Theme: Squats and mobility

Exercises	Sets	Reps	Rest
Warmup: Foam roll, LAX ball			
Warmup Set			
Downward dog to plank (add pushup)	3	45s	
4-Point Squats	3	45s	
Cougar lunges	3	45s	
Workout Set 1			
Traditional squats (add weight)	3	10	
Extended side angle pose hold	3	30s each	
Workout Set 2			
Sumo squats (add weight)	3	10	
Switching side plank with shoulder stretch	3	5ea	
Workout Set 3			
Squat to kneel to squat to stand	3	5ea	
Band-resisted anti-rotation (WITH MOTION/partner is a jerk)	3	30s each	
Workout Set 4			
Super slowmo low walk	3	10 steps each	
DB curl to punch to overhead press	3	10	
Round 5 - Cardio			
Squat jumps (squat to heel raise)	4 to 10	10s	10s
Mountain climbers	4 to 10	10s	10s
Stretch Major Muscle Groups and Any Specific Tight Spots			
Calves, quads, hamstrings, glutes			
Shoulder, bicep, tricep			
Back, neck			