



# Weak Side Workout

Luke Andrus

35min  
142cal



For each circuit in this one, do 45 seconds of work, and 15 seconds rest. You'll do 4 sets of the first two exercises, and then 3 sets of the next two pairs of exercises. For unilateral movements, do 5 reps of one side, then 5 reps of the other during the allotted time.

4 sets  
TRX Uni Row  
Squat Jumps (if this is too hard, revert to regular body weight squats)

3 Sets  
Push up with rotation  
Uni Glute Bridge

3 sets  
Dive Push ups  
Side Lunges

2 minutes of BURPEES  
(That's right. Set your timer for 2 minutes and see how many burpees you can get. Count them, and the next time you do this workout, try to beat it! Aim for 20+)

Equipment: Suspension, Bodyweight, Dumbbells

## Uni Row Back



- 1 - Lean back holding both handles in one hand with your arm fully extended, your feet flat and your palm facing down.
  - 2 - Pull your chest up to the handles, bending your elbow.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Squat Jump Legs



- Stand upright with your hands to the sides of your head.
- 1 - Bend at the hips and knees into a semi-squat position leaning your torso slightly forward.
  - 2 - Push off your feet, jumping straight up.
  - 3 - Land in semi-squat and repeat the jump.

#	REPS	WEIGHT	TIME	NOTES
1	45			
2	45			
3	45			
4	45			

## Push Up to T Chest



- 1 - Support your body on your toes and your hands holding dumbbells on the floor, elbows bent and your chest nearly touching the floor.
  - 2 - Push up to a straight arm position.
  - 3 - Raise one dumbbell to the ceiling while rotating your body to the same side and look up at your hand.
- Lower your body back to the start position and repeat.
  - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Uni Glute Bridge Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
  - 2 - Raise your hips off the floor, making a straight line from your hips to your shoulders and extend one leg out straight.
- Lower yourself back to the floor and repeat using the other leg.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Dive Bomb Push Up Chest



- 1 - Support your body on your toes and hands with your arms straight and your hips raised high into the air.
- 2 - Lower your head and chest down toward the floor between your hands, bending at your elbows.
- 3 - Extend your head past your hands, then forward and up toward the ceiling.

#	REPS	WEIGHT	TIME	NOTES
1	45			
2	45			
3	45			



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## Side Lunge

Legs



- 1 - Stand upright holding the dumbbells by your sides with your arms straight.
- 2 - Step laterally to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
  - Keep your trailing leg straight.
- 3 - Push off your outside foot to return to the start position.
  - Complete all reps on one side before switching to the other side.

Equipment Sub: Plates, Kettlebells

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Burpee Push Up

Cardio



- Stand upright
- 1 - Squat down placing your hands on the floor and jump your feet back to the top of a push up position.
  - 2 - Perform a push up, lowering your chest down to the floor and pushing back up to a straight position.
  - 3 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
  - 4 - Come to an upright position and jump into the air, raising your arms

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:35						