YMCA OF SAN FRANCISCO

WORKOUT OF THE WEEK

YOU CHOOSE YOUR PACE. CONCENTRATE ON FORM AND NOT SPEED!
MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: FULL BODY

REPETITION LEVELS:
- **Warm**: 1-3 sets
- **Hot**: 5 sets
- **Sizzling**: 7 sets

### MONDAY

**WARM UP**
30 seconds each

- Easy Air Jump Rope
- Slow Squats
- Jumping Jacks
- Alternate High Knees

**MAIN SET**

- 20 Jumping Jacks
- 10 Push-ups
- 10 Upward Dogs
- 1 Minute Plank
- 10 Backwards Lunges
- 10 Plank Rotations
- 10 Bird-dog Stretches
- 10 Bridges

**WARM UP**
30 seconds each

- March In Place With Arm Circles
- Jumping Jacks
- Alternating High Knee To Opposite Elbow
- Butt Kicks

**MAIN SET**

- 20 Alternating Bicep Curls
- 20 Jumping Jacks
- 20 Tricep Pushups
- 50 High Knee Runs Or 30 Slower Alternating Knees
- 20 Dips Or Tricep Kick Backs
- 1 Minute Plank
- 15 Second Bicep Towel Curl

**WARM UP**
30 seconds each

- Jog In Place
- Easy Wide Squats
- Air Jump Rope
- High Knees

**MAIN SET**

- 30 Second Side Plank (Switch Side)
- 20 Alternating Leg Raises
- 15 Burpees
- 10 Walking Planks
- 20 Reverse Crunches
- 10 Superman Holds

**REST 1–2 MINUTES IN BETWEEN SETS.**
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WORKOUT OF THE WEEK

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THEME: FULL BODY

REPETITION LEVELS:
- **Warm**: 1-3 sets
- **Hot**: 5 sets
- **Sizzling**: 7 sets

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>WARM UP</strong></td>
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<tr>
<td>30 seconds each</td>
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<tr>
<td>- High Knee Run</td>
<td>- Alternating High Knees</td>
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<tr>
<td>- Arm Circles (Forward And Back)</td>
<td>- Jumping Jacks</td>
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<tr>
<td>- Easy Squats With Overhead Press</td>
<td>- Small Arm Circles Forward And Back</td>
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<tr>
<td>- Shoulder Rolls (Forward And Back)</td>
<td>- High Knees Fast Or Slow</td>
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<table>
<thead>
<tr>
<th><strong>MAIN SET</strong></th>
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<tbody>
<tr>
<td>- 20 Side Raises</td>
<td>- 10 Staggered Pushups</td>
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<tr>
<td>- 10 Push Ups</td>
<td>- 20 Jumping Jacks</td>
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<tr>
<td>- 20 Standing Rear Delt Flys</td>
<td>- Your Favorite Core Exercise From This Week</td>
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<td>- 10 Bird Dog Stretches</td>
<td>- 20 Alternating Crunches</td>
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<td>- 20 Overhead Presses</td>
<td>- 50 High High Knee Runs Or 30 Alternate Knees</td>
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<tr>
<td>- 20 Alternating Crunches</td>
<td>- Your Favorite Arm Exercise From This Week</td>
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</table>

We’re pulling it all together! We’ve worked on specific locations all week—now let’s put it all to good use. You will also get to choose a few of your own sets (review core and leg exercises to choose from).

REST 1–2 MINUTES IN BETWEEN SETS.