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: SHOULDERS AND ABDUCTORS

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WARM UP</strong></td>
<td><strong>WARM UP</strong></td>
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<tr>
<td>30 seconds each</td>
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<tr>
<td>• Step Touch R/l</td>
<td>• Jog In Place</td>
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<tr>
<td>• Standing Toe Touch</td>
<td>• Mid Squats</td>
<td>• Child’s Pose</td>
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<tr>
<td>Opposite Hand To Toe R/l</td>
<td>• Arm Circles</td>
<td>• Fast Football Feet</td>
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<tr>
<td>• Squat With Jabs R/l</td>
<td>• Jumping Jacks</td>
<td>• Slow Bicycle Crunches</td>
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<tr>
<td>• Standing Torso Twist</td>
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</tbody>
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<table>
<thead>
<tr>
<th>MAIN SET</th>
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</thead>
<tbody>
<tr>
<td>20 Lateral Side Bends</td>
<td>20 Squats With Lateral Leg Lift</td>
<td>20 Sit Ups</td>
</tr>
<tr>
<td>20 High Knees To Opposite Elbow</td>
<td>20 Second Plank</td>
<td>1 Minute Plank</td>
</tr>
<tr>
<td>20 Plank With Heel Tap</td>
<td>20 Clam Shells</td>
<td>20 Bird Dogs (10 Per Side)</td>
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<tr>
<td>20 Dead Bugs</td>
<td>20 Side Raises</td>
<td>20 Scissors</td>
</tr>
<tr>
<td>20 Russian Twist</td>
<td>20 Plank With Arm Extension</td>
<td>10 Spiderman Planks</td>
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<tr>
<td>20 Sharks</td>
<td>10 Star Jacks</td>
<td>10 Downward Dogs</td>
</tr>
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<td></td>
<td></td>
<td>10 Plank Rotations (5 Per Side)</td>
</tr>
</tbody>
</table>

**REST 1–2 MINUTES IN BETWEEN SETS.**
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### THURSDAY

**WARM UP**
30 seconds each

- Air Jump Rope
- Cross Jacks
- Standing Side Crunches
- Mountain Climbers

**MAIN SET**

- Arm Circles
- 20 Double-leg Donkey Kicks (Can Modify To Alternating 1 Leg At A Time)
- 10 Tricep Dips
- 20 Side Raise To Front Raise (Use Barbells Or Soup Cans)
- 20 Inch Woms
- 20 Backward Lunges
- 30 Second Standing Over Bend

**WARM UP**
30 seconds each

- 8 Inward Hip Rotations
- 8 Outward Hip Rotations
- 8 Forward Arm Circles
- 8 Backward Arm Circles
- 10 Deep Lunges
- Jog In Place

**MAIN SET**

- 20 Lateral Lunges
- Your Favorite Leg Exercise From This Week!
- 10 Burpees
- Your Favorite Core Exercise From This Week!
- 20 Supine Shoulder Flexion
- Your Favorite Shoulder Exercise From This Week!

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.**
THEME: SHOULDERS AND ABDUCTORS

DON’T FORGET TO STRETCH!
Below is a stretch routine to incorporate into your workouts.

• HIP CIRCLES (30 SECONDS PER HIP)
  Start With Small Circles, Keeping Hips Level With Floor

• BENT OVER TWIST

• LEANING CAMEL STRETCH

• OBLIQUES STRETCH