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: BACK AND QUADS & CHEST AND HAMSTRINGS

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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</thead>
<tbody>
<tr>
<td>WARM UP</td>
<td>WARM UP</td>
<td>WARM UP</td>
</tr>
<tr>
<td>30 seconds each</td>
<td>30 seconds each</td>
<td>30 seconds each</td>
</tr>
<tr>
<td>• Jumping Jacks</td>
<td>• Wide Squats</td>
<td>• Jog In Place</td>
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<tr>
<td>• Alternating Lunge</td>
<td>• Jog In Place</td>
<td>• Cross Jacks</td>
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<tr>
<td>• Hip Circles</td>
<td>• Inch Worms</td>
<td>• Reverse Lunge High Kick</td>
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<tr>
<td>• Arm Circles</td>
<td>• Alternating Side Lunge</td>
<td>• Standing Side Crunches</td>
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<tr>
<td>MAIN SET</td>
<td>MAIN SET</td>
<td>MAIN SET</td>
</tr>
<tr>
<td>20 Plank Jacks</td>
<td>20 Bentover Rows</td>
<td>20 Plank To Dolphin</td>
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<tr>
<td>10 Roll Ups</td>
<td>20 Wide Squat Pulses</td>
<td>20 Plank Taps</td>
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<tr>
<td>10 V Sits</td>
<td>20 Reverse Flys</td>
<td>20 Forearm Side Plank With Twist (Switch Sides)</td>
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<tr>
<td>10 Around The World Planks</td>
<td>20 Alternating Reverse Lunge</td>
<td>20 Bicycle Crunch</td>
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<tr>
<td>10 Inchworms</td>
<td>20 Dead Lifts</td>
<td>30 Sec Boat Pose</td>
</tr>
<tr>
<td>20 Alternating Jabs</td>
<td>20 Squats With Front Kick</td>
<td>20 Bird Dog Crunch</td>
</tr>
</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
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THURSDAY

WARM UP
30 seconds each

• Arm Circles
• Shoulder Shrugs
• Air Jump Rope In Place
• Hip Circles (30 Seconds Per Hip)

MAIN SET

• 10 Butterfly Dips
• 10 Staggered Pushups
• 20 Chest Flys (With Weights, Resistance Band, Or Household Items Like Soup Cans)
• 20 Glute Bridges
• 20 Chest Flys With Glute Bridges
• 10 Ankle Tap Pushups

FRIDAY

WARM UP
30 seconds each

• Jumping Jacks
• Side Lunges
• Trunk Claps
• March In Place

MAIN SET

• Plank For 1 Minute
• Your Fav Leg Exercise From This Week!
• 20 Staggered Pushups
• Your Fav Core Exercise From This Week!
• 20 Lunges
• Your Fav 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.
YOU CHOOSE YOUR PACE. CONCENTRATE ON FORM AND NOT SPEED!
MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: BACK AND QUADS & CHEST AND HAMSTRINGS

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

• CHILD’S POSE

• COBRA POSE

• CAT–COW POSE

• CRESCENT LUNGE ON 1 KNEE

• KNEES TO CHEST

• LOCUST POSE