

# 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

### MONDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Alternating Lunges
- Hip Circles
- Arm Circles

#### MAIN SET

- 20 Plank Jacks
- 10 Roll Ups
- 10 V Sits
- 10 Around The World Planks
- 10 Inchworms
- 20 Alternating Jabs

### TUESDAY

#### WARM UP

30 seconds each

- Wide Squats
- Jog In Place
- Inch Worms
- Alternating Side Lunges

#### MAIN SET

- 20 Bentover Rows
- 20 Wide Squat Pulses
- 20 Reverse Flys
- 20 Alternating Reverse Lunges
- 20 Dead Lifts
- 20 Squats With Front Kick

### WEDNESDAY

#### WARM UP

30 seconds each

- Jog In Place
- Cross Jacks
- Reverse Lunge High Kick
- Standing Side Crunches

#### MAIN SET

- 20 Plank To Dolphin
- 20 Plank Taps
- 20 Forearm Side Plank With Twist (Switch Sides)
- 20 Bicycle Crunch
- 30 Sec Boat Pose
- 20 Bird Dog Crunch

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.

YMCA OF SAN FRANCISCO

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**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