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: MARTIAL ARTS

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>
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</tr>
<tr>
<td>30 seconds each</td>
<td>30 seconds each</td>
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<tr>
<td>• Jumping Jacks</td>
<td>• Squat Pulses</td>
<td>• Jumping Jacks</td>
</tr>
<tr>
<td>• Alternating Front Kicks</td>
<td>• Alternating Lunges</td>
<td>• Side Lunges</td>
</tr>
<tr>
<td>• Easy Front Jabs</td>
<td>• Hip Circles</td>
<td>• Reverse Lunges</td>
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<tr>
<td>• Slow Squats</td>
<td>• Arm Swings</td>
<td>• Jog In Place</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>MAIN SET</strong></th>
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</thead>
<tbody>
<tr>
<td>• 20 Dead Bugs</td>
<td>• 20 Squats To Streamline</td>
<td>• 20 Sec Plank</td>
</tr>
<tr>
<td>• 20 Cross Crunches</td>
<td>• 20 Alternating Front Lunges</td>
<td>• 20 Side Plank</td>
</tr>
<tr>
<td>• 20 Walking Plank</td>
<td>• 20 Alternating Supermans</td>
<td>Transverse Reach</td>
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<tr>
<td>• 20 Bird Dog</td>
<td>• 20 Push Ups (Knees/toes)</td>
<td>• 20 Alternating Arm</td>
</tr>
<tr>
<td>• 25 Flutter Kicks</td>
<td>• Side Plank (Each Side)</td>
<td>And Leg Plank</td>
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<tr>
<td>• 25 Dolphin Kicks</td>
<td>• 20 Burpees</td>
<td>• 20 Leg Raises</td>
</tr>
</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
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- Warm: 1-3 sets
- Hot: 5 sets
- Sizzling: 7 sets

THURSDAY

WARM UP
30 seconds each
- Slow Jabs
- Wide Squats
- Leg Swings R/l
- Arm Circles

MAIN SET
- 1 Min Arm Jabs (With Weights Or Soup Cans)
- 20 Glute Bridges
- 20 Side-lying Clams
- 1 Min Upper Cuts (With Weights Or Soup Can)
- 20 Kneeling Pushups
- 20 Split Squats
- 20 Superman Stretches
- 2 X 1-minute Planks
- 20 Streamline Lunges
- 1 Min Upper Cuts (With Weights Or Soup Cans)

FRIDAY

WARM UP
30 seconds each
- Jumping Jacks
- Side Lunges
- Trunk Claps
- March In Place

MAIN SET
- 25 Flutter Kicks
- Your Favorite Exercise From Tuesday!
- 20 Squats To Streamline
- Your Favorite Exercise From Wednesday!
- 1 Minute Plank
- Your Favorite Exercise From Thursday!

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.
WORKOUT OF THE WEEK

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

THEME: MARTIAL ARTS

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

- CAT-COW POSE (30 SECONDS)
- DOWNWARD TO UPWARD FACING DOG (30 SECONDS EACH)
- HUMBLE WARRIOR POSE
- LOCUST POSE (30 SECONDS)