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

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<thead>
<tr>
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>WARM UP</td>
<td>30 seconds each</td>
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<tr>
<td></td>
<td>• Jumping Jacks</td>
<td>• Wide Squats</td>
<td>• Jumping Jacks</td>
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<td></td>
<td>• Alternating Front Kicks</td>
<td>• Arm Circles (Foreword/backward)</td>
<td>• Side Lunges</td>
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<td></td>
<td>• Easy Front Jabs</td>
<td>• Wide Chest Stretch (Open/close)</td>
<td>• Reverse Lunges</td>
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<td>• Slow Squats</td>
<td>• Alternating March With Arm Extension</td>
<td>• Jog In Place</td>
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<thead>
<tr>
<th>MAIN SET</th>
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<tbody>
<tr>
<td>• 20 Alternating Jabs With A Crunch</td>
<td>• 5 Rounds Slow To Fast Uppercuts</td>
<td>• 15 Pushups</td>
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<tr>
<td>• 10 Slow Side Rotations (Option With Weight)</td>
<td>• 15 Round House Set Ups Each Side</td>
<td>• 15 Burpees</td>
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<td>• 10 Side Jack Knives</td>
<td>• 5 Rounds Slow To Fast Hooks</td>
<td>• 20 Russian Twists</td>
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<td>• 10 Push Ups</td>
<td>• 20 Round House Kicks Each Side</td>
<td>• 20 Alternating Plank And Reach</td>
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<td>• 15 Hollow Leg Raises</td>
<td>• 5 Rounds - 20 2 uppers/2 Hooks</td>
<td>• 20 Bicycle Crunches</td>
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<td>• 1 Minute Plank</td>
<td>• 3 Rounds - 10 Repeater Roundhouse Kicks</td>
<td>• 20 Seconds Of Flutter Kick</td>
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REST 1–2 MINUTES IN BETWEEN SETS.
THEME: MARTIAL ARTS

REPETITION LEVELS:
- 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
- 5 Rounds – Slow To Fast Jabs
  Target Nose Or Lip
- 30 Seconds Alternating Front Kicks
  Aim For Shin Or Higher, Retract Kick
- 5 Rounds – Slow To Fast Crosses
  Target Corners
- 30 Seconds – Alternating Back Kicks
- 5 Rounds – 20 – 2 Jabs/ 2 Crosses.
- 3 Rounds – 10 Alternating Front Kicks
  To 10 Alternating Back Kicks

FRIDAY

WARM UP
30 seconds each
- Inchworms Slow
- Jumping Jacks
- Alternating Lunges
- Jog In Place

MAIN SET
- Pick Your Favorite Punching Exercise
- 20 Burpees
- Pick Your Favorite Core Exercise
- Vertical Leg Crunch
- Pick Your Favorite Kicking Exercise
- Squat With A Front Kick

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: MARTIAL ARTS

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

- GROIN AND ADDUCTOR STRETCH
- STANDING HIGH-LEG BENT KNEE HAMSTRING STRETCH
- ASSISTED REVERSE CHEST AND SHOULDER STRETCH
- TUCKED BODY ROLLS
- SEATED NECK STRETCHES