

WORKOUT OF THE WEEK



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

THEME: WEIGHT LIFTING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jacks
- Side Bends (R/l)
- Alternating Side Lunges
- Hip Circles
Switch Directions

MAIN SET

- 10 Inchworms
- 10 Around The World Planks
- 10 V Sit Ups
- 20 Russian Twists
- 10 Hip Bridges
- 1 Minute Plank

TUESDAY

WARM UP

30 seconds each

- Wide Squats
- Arm Circles (Foreword/backward)
- Wide Chest Stretch (Open/close)
- Alternating March With
Arm Extension

MAIN SET

- 15 Bent Over Rows
- 15 Chest Presses
- 15 Wide Rows
- 15 Deadlifts
- 10 Superman
- 15 Push Ups

WEDNESDAY

WARM UP

30 seconds each

- Side Lunges
- High Knee
- Reverse Lunge
With Rotation Reach
- Side Shuffles

MAIN SET

- 20 Panther Shoulder
Taps
- 20 Butterfly Sit Up
- 20 Dead Bug
- 20 High Boat To
Low Boat
- 20 Hollow Hold To
Jackknife
- 20 Sec C-curve

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jog In Place
- Slow Bicep Curls
- Jumping Jacks
- Alternating Jabs

MAIN SET

- 20 Bicep Curls
- 10 Tricep Pushups
- 20 Speed Bags
- 15 Overhead Extensions
- 10 Air Jacks
- 20 Alternating Shoulder Taps

FRIDAY

WARM UP

30 seconds each

- Cross Jacks
- Standing Side Crunches
- Reverse Lunge High Kick
- Side Leg Rises

MAIN SET

- 20 Push Ups
- Pick Your Favorite Upper Body Exercise
- 20 Jump Lunges
- Pick Your Favorite Leg Exercise
- 20 Superman
- Pick Your Favorite Core Exercise

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: WEIGHT LIFTING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- BICEP STRETCH
- TRICEP STRETCH
- CHEST STRETCH
- BACK STRETCH
- QUAD STRETCH