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: WEIGHT LIFTING

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>
<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>- Wide Squats</td>
<td>- Side Lunges</td>
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<tr>
<td>- Side Bends (R/l)</td>
<td>- Arm Circles (Foreword/backward)</td>
<td>- High Knee</td>
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<tr>
<td>- Alternating Side Lunges</td>
<td>- Wide Chest Stretch (Open/close)</td>
<td>- Reverse Lunge With Rotation Reach</td>
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<tr>
<td>- Hip Circles Switch Directions</td>
<td>- Alternating March With Arm Extension</td>
<td>- Side Shuffles</td>
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<tr>
<td><strong>MAIN SET</strong></td>
<td><strong>MAIN SET</strong></td>
<td><strong>MAIN SET</strong></td>
</tr>
<tr>
<td>- 10 Inchworms</td>
<td>- 15 Bent Over Rows</td>
<td>- 20 Panther Shoulder Taps</td>
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<tr>
<td>- 10 Around The World Planks</td>
<td>- 15 Chest Presses</td>
<td>- 20 Butterfly Sit Up</td>
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<tr>
<td>- 10 V Sit Ups</td>
<td>- 15 Wide Rows</td>
<td>- 20 Dead Bug</td>
</tr>
<tr>
<td>- 20 Russian Twists</td>
<td>- 15 Deadlifts</td>
<td>- 20 High Boat To Low Boat</td>
</tr>
<tr>
<td>- 10 Hip Bridges</td>
<td>- 10 Superman</td>
<td>- 20 Hollow Hold To Jackknife</td>
</tr>
<tr>
<td>- 1 Minute Plank</td>
<td>- 15 Push Ups</td>
<td>- 20 Sec C-curve</td>
</tr>
</tbody>
</table>

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.
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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

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