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: TRIATHLON

REPETITION LEVELS:
- **Warm**: 1–3 sets
- **Hot**: 5 sets
- **Sizzling**: 7 sets

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>WARM UP</strong></td>
<td>30 seconds each</td>
<td><strong>WARM UP</strong></td>
</tr>
<tr>
<td>- Jumping Jacks</td>
<td>- High Knees In Place</td>
<td>- Jog In Place</td>
</tr>
<tr>
<td>- Core Rotations</td>
<td>- Large Arm Circles (Forward/backward)</td>
<td>- Standing Side Crunches</td>
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<tr>
<td>- High Alternating Knees</td>
<td>- Hip Circles In-to-out/out-to-in</td>
<td>- Scissor Skier</td>
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<tr>
<td>- Hip Rotations</td>
<td>- Side Lunges</td>
<td>- Inch Worm</td>
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<table>
<thead>
<tr>
<th>MAIN SET</th>
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<tbody>
<tr>
<td>- Bridges</td>
<td>- 20 Squat To Streamline</td>
<td>- 20 Lying Hip Abduction (Left And Right)</td>
</tr>
<tr>
<td>- 30 Second Side Plank With Leg Extension (R/l)</td>
<td>- 20 Renegade Row</td>
<td>- 20 Glute Bridge Single Leg (Left And Right)</td>
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<tr>
<td>- 20 Bird Dogs</td>
<td>- 20 Reverse Lunges</td>
<td>- 20 Elbow To Knee Crunch</td>
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<tr>
<td>- V Sit With A Twist Slow</td>
<td>- 20 Tricep Kickbacks</td>
<td>- 20 Reverse Crunch</td>
</tr>
<tr>
<td>- 20 Walking Planks</td>
<td>- 20 Push Ups</td>
<td>- 20 Cat Camel</td>
</tr>
<tr>
<td>- 20 Flutter Kicks</td>
<td>- 20 Lying Hip Abduction</td>
<td>- 20 Rolling Side Plank</td>
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REST 1–2 MINUTES IN BETWEEN SETS.
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**THEME: TRIATHLON**

**REPETITION LEVELS:**
- Warm: 1-3 sets
- Hot: 5 sets
- Sizzling: 7 sets

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**THURSDAY**

**WARM UP**
30 seconds each

- Easy Squats
- Leg Swings (Forward Back)
- Side Bends
- Leg Swing (Side To Side)

**MAIN SET**

- 15 Burpees
- 20 Russian Twists
- 10 Tuck Jumps
- 15 Alternating Lunges
- 20 Squats
- 10 Deadlifts

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**FRIDAY**

**WARM UP**
30 seconds each

- Jumping Jacks
- Side Lunges
- Wide Squats
- Arm Circles

**MAIN SET**

- Pick Your Favorite Upper Body Exercise
- 20 Switch Lunges
- Pick Your Favorite Core Exercise
- 20 Dead Rows
- Pick Your Favorite Lower Body Exercise
- 1 Minute Plank

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).

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**REST 1-2 MINUTES IN BETWEEN SETS.**
THEME: TRIATHLON

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

• UPWARD FACING DOG

• QUAD STRETCH

• GLUTE STRETCH

• IT BAND STRETCH

• NERVE STRETCH