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: BASKETBALL

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>
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<tr>
<td>30 seconds each</td>
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<tr>
<td>• Hight Knee Run</td>
<td>• Jumping Jacks</td>
<td>• Side Crunches</td>
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<tr>
<td>• Lateral Side Shuffle (R/I)</td>
<td>• Arm Circles</td>
<td>• Bent Over Twists</td>
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<td>• Hip Circles</td>
<td>• Easy Dead Rows</td>
<td>• Squat Kickbacks</td>
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<tr>
<td>• Inchworm</td>
<td>• Easy Curl To Overhead Press</td>
<td>• Alternating Side Lunges</td>
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<tr>
<td><strong>MAIN SET</strong></td>
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<tr>
<td>• 15 Standing Chops</td>
<td>• 15 Overhead Press</td>
<td>• 20 Second Hollow Hold</td>
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<tr>
<td>• 15 Dead Bugs</td>
<td>• 20 Push Up</td>
<td>• 45 Second Plank</td>
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<tr>
<td>• 20 Walking Side Planks (R/I)</td>
<td>• 20 Bicep Curl</td>
<td>• 15 Plank To Pushups</td>
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<td>• 15 Kneeling Rotations With Weight</td>
<td>• 15 Tricep Extension</td>
<td>• 15 Planks With Hip Extension And Abduction</td>
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<td>• 20 Side Plank Hip Lifts</td>
<td>• 20 Lateral Side Raise</td>
<td>• 15 Crunchy Frogs</td>
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<td>• 1 Minute Plank Hold</td>
<td>• 20 Chest Press</td>
<td>• 20 Half-kneeling Lift</td>
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</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
THEME: BASKETBALL

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

THURSDAY

WARM UP
30 seconds each

• Jumping Jacks
• Slow Alternating Back Lunges
• Wide Squats
• Hip Circles

MAIN SET

• 20 Jump Squats
• 20 Alternating Back Lunges
• 10 Air Jacks
• 20 Second Side Plank With Lateral Leg Lift
• 20 Lateral Lunges
• 30 Second Wall Sit

FRIDAY

WARM UP
30 seconds each

• Alternative Jacks
• Side Crunches
• Hip Circles
• Jog In Place

MAIN SET

• 15 Side Planks
• Choose Your Favorite Core Workout
• 20 Bicep Curls
• Choose Your Favorite Arm Workout
• 15 Crunches
• 15 Plank To Pushups
• Choose Your Favorite Leg Workout

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

• SPLIT-STANCE SPINE ROTATION

• SPLIT-STANCE SIDE LEAN

• WALL LAT STRETCH

• HAMSTRING ROCKER

• QUAD STRETCH