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: GOLF

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>
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</tr>
<tr>
<td>30 seconds each</td>
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</tr>
<tr>
<td>• Jog In Place</td>
<td>• Lunges</td>
<td>• Cross Jacks</td>
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<tr>
<td>• Side Bends</td>
<td>• Squat</td>
<td>• High Knees</td>
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<tr>
<td>• Side Rotations</td>
<td>• Jumping Jacks</td>
<td>• Squats Kickbacks</td>
</tr>
<tr>
<td>• Jumping Jacks</td>
<td>• Hip Circle</td>
<td>• Butt Kicks</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>MAIN SET</strong></th>
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</thead>
<tbody>
<tr>
<td>• Reverse Crunch</td>
<td>• 15 Wrist Flexion (Palm Up)</td>
<td>• 20 Elevated Glute Bridge</td>
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<tr>
<td>• V-sit</td>
<td>• 15 Wrist Flexion (Palm Down)</td>
<td>• 15 Side Planks (Alternate Sides)</td>
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<tr>
<td>• Hollow Body Hold</td>
<td>• 10 Rotator Raises (Light Weights)</td>
<td>• 10 Squat Walks</td>
</tr>
<tr>
<td>• Single Leg Deadlift</td>
<td>• 20 Hammer Curls</td>
<td>• 15 Hip Crossovers</td>
</tr>
<tr>
<td>• Single Leg Glute Bridge</td>
<td>• 15 Tricep Kickbacks</td>
<td>• 15 Quad Rocking</td>
</tr>
<tr>
<td>• Plank With A Row</td>
<td>• 15 Bent Over Rows</td>
<td>• 15 Backward Lunge With Tilt</td>
</tr>
</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
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- **Warm:** 1-3 sets
- **Hot:** 5 sets
- **Sizzling:** 7 sets

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**THURSDAY**

**WARM UP**
30 seconds each

- Air Jump Rope In Place
- Knee Hugs
- Hand Walks
- Burpees

**MAIN SET**

- 20 Glute Bridges
- 20 Squats
- 20 Side Lunges
- 20 Reverse Lunges
- 20 Lunges (10 Per Side)
- 10 Plank Rotations

**FRIDAY**

**WARM UP**
30 seconds each

- Jog In Place
- Butt Kicks
- Side Lunges
- Burpees

**MAIN SET**

- 1-minute Plank
- 20 Glute Bridges
- 20 Pushups
- Your Favorite Core Exercise
- Your Favorite Leg Exercise
- Your Favorite Upper Arm Exercise
- 1-minute Locust Pose
- Your Favorite Exercise

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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.**
THEME: GOLF

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

• INVERTED HAMSTRING STRETCH

• WORLD’S GREATEST STRETCH:
  Stand with your back straight, arms to your sides. Step forward into a lunge with your right foot. Place your left hand on the ground and your right elbow to the inside of your right foot and hold the stretch for two seconds. Rotate your right arm and chest to the sky as far as you can. Hold for two seconds. Take your elbow back and down toward your instep and reach through to your opposite side. Place your right hand outside your right foot and repeat. Make sure to keep your back knee off the ground and to contract the glutes.

• KNEE HUGS

• T-hip rotations

• Standing forward bend stretch

• Hip flexors and psoas stretch