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: VOLLEYBALL

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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<tbody>
<tr>
<td><strong>WARM UP</strong></td>
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<tr>
<td>30 seconds each</td>
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<tr>
<td>- High Knee Lateral Runs</td>
<td>- Lunges</td>
<td>- Jogging In Place</td>
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<tr>
<td>- Wide Squats</td>
<td>- Squat</td>
<td>- Side Lunges</td>
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<tr>
<td>- Knee Hugs</td>
<td>- Jumping Jacks</td>
<td>- Hip Rotations</td>
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<tr>
<td>- Lateral Lunges</td>
<td>- Hip Circle</td>
<td>- Arm Extensions</td>
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<tr>
<td><strong>MAIN SET</strong></td>
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<tr>
<td>- 20 High Knee Skips</td>
<td>- 20 Sec. Plank</td>
<td>- 20 Squats</td>
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<tr>
<td>- 15 Reverse Curls</td>
<td>- 20 Sec. Side Plank (Alternate Sides)</td>
<td>- 20 Russian Twists</td>
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<tr>
<td>- 15 Pushups</td>
<td>- Plank To Dolphin</td>
<td>- 20 Oblique Crunches</td>
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<tr>
<td>- 20 Russian Twists</td>
<td>- 20 Mountain Climbers</td>
<td>- 15 Side Planks With Hip Drop (Alternate Sides)</td>
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<tr>
<td>- 25 Mountain Climbers</td>
<td>- 10 Supine Bridge Windmills</td>
<td>- 20 Lying Leg Thrusts</td>
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<tr>
<td>- 10 Second V-sit Hold</td>
<td>- 20 Bicycle Crunch</td>
<td>- 20 Sec. Superman</td>
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<td>- 15 Ab Rollers</td>
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REST 1–2 MINUTES IN BETWEEN SETS.
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- Sizzling: 7 sets

THURSDAY

WARM UP
30 seconds each
- Air Jump Rope
- Butt Kicks
- Inchworms
- Hip Openers

MAIN SET
- 10 Burpees
- 20 Ski Jumps
- 10 Hip Rotations (Push-up Position)
- 20 Split Squat Jumps
- 10 Glute Bridges
- 20 Side-lunges
- 10 Downward-facing Dogs

FRIDAY

WARM UP
30 seconds each
- Jog In Place
- Arm Circles
- Chest Extensions
- Torso Extension

MAIN SET
- 20 Mountain Climbers
- Your Favorite Core Exercise
- 20 Reverse Leg Lunges With Leg Lifts
- Your Favorite Leg Exercise
- 15 Push Ups
- 20 Forearm Plank Reach Outs
- Your Favorite Upper Arm Exercise
- Your Favorite 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.
YOU CHOOSE YOUR PACE. CONCENTRATE ON FORM AND NOT SPEED!
MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: VOLLEYBALL

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

• ROTATING WRIST AND FOREARM STRETCH

• UPPER LOWER BACK STRETCH

• TUCKED BODY ROLL

• STANDING FORWARD BEND

• SHOULDER STRETCH