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: BASEBALL/SOFTBALL

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

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**MONDAY**

**WARM UP**
30 seconds each
- Walking Forward Lunge
- Jog In Place
- Slow High Knees To Chest
- Inchworms

**MAIN SET**
- 10 Glute Bridge Holds (Option Extend 1 Leg)
- 1-minute Plank
- 10 V-sits
- 25 Mountain Climber
- 25 Bicycle Crunches
- 15 Rotating Planks

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**TUESDAY**

**WARM UP**
30 seconds each
- Side Bends
- Arm Rotations
- Shoulder Shrugs
- Jumping Jacks

**MAIN SET**
- 20 Side Raises With Rotation
- 10 Rotator Raises
- 15 Overhead Extensions
- 20 Bentover Flys
- 15 Pushups
- 20 Chest Presses

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**WEDNESDAY**

**WARM UP**
30 seconds each
- Jogging In Place
- Side Lunges
- Hip Rotations
- Arm Extensions

**MAIN SET**
- 20 Squats
- 20 Russian Twists
- 20 Oblique Crunches
- 15 Side Planks With Hip Drop (Alternate Sides)
- 20 Lying Leg Thrusts
- 20 Sec. Superman
- 15 Ab Rollers

REST 1–2 MINUTES IN BETWEEN SETS.
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- **Warm:** 1-3 sets
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<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>WARM UP</strong>  &lt;br&gt;30 seconds each</td>
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<tr>
<td>• Bear Crawls  &lt;br&gt;• Jump Rope In Place  &lt;br&gt;• Chest-to-knee Walks  &lt;br&gt;• Butt Kicks</td>
<td>• Jog In Place  &lt;br&gt;• High Knees  &lt;br&gt;• Burpees  &lt;br&gt;• Your Choice Warm Up</td>
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<td><strong>MAIN SET</strong></td>
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<td>• 10 Forward Lunges  &lt;br&gt;• 1-minute Plank  &lt;br&gt;• 10 Backwards Lunges  &lt;br&gt;• 10 Plank Rotations (5 Per Side)  &lt;br&gt;• 20 Lateral Lunges (10 Per Side)  &lt;br&gt;• 10 Burpees  &lt;br&gt;• 10 Glute Bridges</td>
<td>• 10 V-sits  &lt;br&gt;• Your Choice Core Exercise  &lt;br&gt;• 20 Side-raises With Rotation  &lt;br&gt;• Your Choice Upper Body Exercise  &lt;br&gt;• 1-minute Plank  &lt;br&gt;• Your Choice Core Exercise  &lt;br&gt;• 20 Lateral Lunges (10 Per Side)  &lt;br&gt;• Your Choice Leg Exercise</td>
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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.
YOU CHOOSE YOUR PACE. CONCENTRATE ON FORM AND NOT SPEED!
MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: BASEBALL/SOFTBALL

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