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: LOWER BODY AND CORE

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

<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WARM UP</strong></td>
<td><strong>WARM UP</strong></td>
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</tr>
<tr>
<td>30 seconds each</td>
<td>30 seconds each</td>
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</tr>
<tr>
<td>• Jumping Jacks</td>
<td>• Jog In Place</td>
<td>• Jumping Jacks</td>
</tr>
<tr>
<td>• Alternate Slow High Knees</td>
<td>• Alternating High Knee To Opposite Elbow</td>
<td>• 8 Inward Hip Rotations</td>
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<tr>
<td>• Wide Squats</td>
<td>• Air Jump Rope</td>
<td>• 8 Outward Hip Rotations</td>
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<tr>
<td>• Butt Kicks</td>
<td>• Slow Lateral Side Shuffle</td>
<td>• Jog In Place</td>
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<tr>
<td></td>
<td></td>
<td>• Wide Squats</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>MAIN SET</strong></th>
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<tbody>
<tr>
<td>• 30 Mountain Climbers</td>
<td>• 20 Side Lunges, Alternate</td>
<td>• 15 Cobra</td>
</tr>
<tr>
<td>• 20 Fire Hydrants Each Side</td>
<td>• 30 Second Air Jump Rope</td>
<td>• 30 Sec Of Jogging In Place</td>
</tr>
<tr>
<td>• 25 Jumping Jacks</td>
<td>• 20 Squats Hold For 3 Seconds At Bottom</td>
<td>• 20 Glute Bridges</td>
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<tr>
<td>• Walking Lunge With Twist</td>
<td>• 20 Calf Raises</td>
<td>• 30 Sec Of Jumping Jacks</td>
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<tr>
<td>• 10 Second V Sit</td>
<td>• 15 Single Leg Bridge (Alternate)</td>
<td>• 15 Side Planks</td>
</tr>
<tr>
<td>• Wide Squat Pulses</td>
<td>• 20 Seated Toe Touches</td>
<td>• 30 Sec High Knees</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 20 Upward Facing Dog</td>
</tr>
</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
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THEME: LOWER BODY AND CORE

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

THURSDAY

WARM UP
30 seconds each

• Jumping Jacks
• Air Jump Rope
• Jog In Place
• Butt Kicks

MAIN SET

• 20 Forward Lunges
• 30 Sec Jog In Place
• 20 Reverse Lunges
• 30 Mountain Climbers
• 15 Squats With High Knee
• 30 Seconds Air Jump Rope
• 20 Squat Jumps
• 10 Bird-dogs

FRIDAY

WARM UP
30 seconds each

• High Knees With Lat Pull Downs
• Large Arm Circles Forward/Back
• Slow Alternating Front Kicks
• Wide Slow Squats

MAIN SET

• 20 Squat Jacks
• Your Favorite Core Exercise From This Week
• 30 Alternating Front Kicks
• Your Favorite Leg Exercise From This Week
• 20 Switch Lunges
• 15 Plank Rotations

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.