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: TRACK

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

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**MONDAY**

- **WARM UP**: 30 seconds each
  - Low Squats
  - Standing Side Crunch R/l
  - Slow Mountain Climbers
  - Torso Twists

- **MAIN SET**
  - 25 Wide Squats
  - 1 Minute Plank
  - 10 Second Superman Hold 3x
  - 25 Plank Jacks
  - 20 Dead Bugs
  - 20 Scissor Kicks

REST 1–2 MINUTES IN BETWEEN SETS.

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**TUESDAY**

- **WARM UP**: 30 seconds each
  - Shoulder Circles
  - Jumping Jacks
  - Arm Circles
  - High Knees

- **MAIN SET**
  - 20 Push Ups
  - 20 Dead Rows
  - 15 Burpees
  - 15 Overhead Presses
  - 10 Inchworms
  - 20 Tricep Kickbacks

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**WEDNESDAY**

- **WARM UP**: 30 seconds each
  - Jumping Jacks
  - Side Lunges
  - High Knee
  - Hip Circles

- **MAIN SET**
  - 25 Single-leg Glute Bridge
  - 20 Side Plank Leg Lift
  - 20 Bird Dog
  - 20 Bicycle Crunches
  - 20 Lateral Leg Raises
  - 20 Hip Thrusts

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

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

THURSDAY

WARM UP
30 seconds each
- High Knees
- Forward Jumps, Shuffle Back
- Russian Twists
- Lunge Forward, Kick Back

MAIN SET
- 10 Front Lunges
- 12 Side-to-side Squats
- 10 Back Lunges
- 20 Jack Knifes
- 10 Side Lunges
- 20 Plank Leg Lifts
- 10 Rolling Squats

FRIDAY

WARM UP
30 seconds each
- Run In Place
- Burpees
- Stutter Steps
- Butt Kicks

MAIN SET
- 20 Inchworms
- Your Choice Upper Body Exercise
- 20 Plank Rotations
- Your Choice Core Exercise
- 20 Donkey Kicks
- Your Choice Leg Exercise
- 20 Glute Bridges

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: TRACK

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

• HEEL WALK WITH TOE REACH

• WALKING LUNGE (QUADRICEPS / PSOAS)

• LUNGE WITH OVERHEAD STRETCH (QUADRICEPS, PSOAS, CORE)

• QUAD RELEASE

• SHOULDER RELEASE

• ARM CIRCLES FORWARD AND BACK