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: MOUNTAIN BIKING

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>WARM UP</th>
<th>MAIN SET</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>30 seconds each</strong></td>
<td><strong>15 Burpees</strong></td>
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<tr>
<td></td>
<td>• Hip Rotations</td>
<td>• 15 Side Planks</td>
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<tr>
<td></td>
<td>• Walking Inchworm</td>
<td>• 10 V Sits</td>
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<tr>
<td></td>
<td>• Torso Twists</td>
<td>• 20 Inchworms</td>
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<td></td>
<td>• Jog In Place</td>
<td>• 20 Dead Bugs</td>
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<td></td>
<td></td>
<td>• 15 Ins And Outs</td>
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<td><strong>TUESDAY</strong></td>
<td><strong>30 seconds each</strong></td>
<td><strong>20 Supermans</strong></td>
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<td></td>
<td>• Jumping Jacks</td>
<td>• 20 Pushups</td>
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<tr>
<td></td>
<td>• Mountain Climbers</td>
<td>• 20 Bent Over Flies</td>
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<tr>
<td></td>
<td>• Slow Burpees</td>
<td>• 20 Side Raises (With Or Without Dumbbells)</td>
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<td></td>
<td>• Arm Circles</td>
<td>• 20 Pushups</td>
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<td></td>
<td></td>
<td>• 20 Tricep Overhead Extensions</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
<td><strong>30 seconds each</strong></td>
<td><strong>20 Bicycle Crunches</strong></td>
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<td></td>
<td>• Cross Jacks</td>
<td>• 20 Reverse Crunches</td>
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<tr>
<td></td>
<td>• Lunge Twist</td>
<td>• 15 Mountain Climbers</td>
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<tr>
<td></td>
<td>• Side To Side Squats</td>
<td>• 20 Push Ups</td>
</tr>
<tr>
<td></td>
<td>• Glute Kicks</td>
<td>• 20 Superman Pose</td>
</tr>
<tr>
<td></td>
<td>• Scissor Skier</td>
<td>• 20 Glute Bridges</td>
</tr>
</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
THEME: MOUNTAIN BIKING

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

**THURSDAY**

**WARM UP**
30 seconds each

- Jump Rope In Place
- Single Leg Hops (30 Seconds Per Side)
- Bicycle Kicks (Yep! Haha)
- Bear Crawls
- Butt Kicks

**MAIN SET**

- 20 Wide Squats
- 1–minute Plank
- 10 Squat Jumps
- 20 Plank Rotations (10 Per Side)
- 10 Front Lunges
- 10 Back Lunges
- 20 Single Leg Glute Bridges (10 Per Side)

**FRIDAY**

**WARM UP**
30 seconds each

- High Knees
- Inch Worm
- Hip Circles
- Arm Circles
- Run In Place

**MAIN SET**

- 20 Forearm Plank Reach Outs
- Your Choice Upper Body Exercise
- 20 Burpees
- Your Choice Core Exercise
- 20 Calf Raises
- Your Choice Leg 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.**
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WORKOUT OF THE WEEK

YOU CHOOSE YOUR PACE. CONCENTRATE ON FORM AND NOT SPEED! MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: MOUNTAIN BIKING

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

• QUAD STRETCH. 20 SECONDS EACH LEG.

• STANDING HAMSTRING STRETCH. 20 SECONDS.

• IT BAND STRETCH. 20 SECONDS EACH LEG.

• DOWNWARD DOG. HOLD FOR 60 SECONDS.

• ROTATING WRIST AND FOREARM STRETCH

• CHILD’S POSE