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: TENNIS

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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</thead>
<tbody>
<tr>
<td><strong>WARM UP</strong></td>
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<tr>
<td>30 seconds each</td>
<td>30 seconds each</td>
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<tr>
<td>• Jumping Jacks</td>
<td>• Large Arm Circles</td>
<td>• Hip Circles</td>
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<tr>
<td>• Reverse Lunges</td>
<td>• Jump Rope Or Air Jump Rope</td>
<td>• Jog Shuffles</td>
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<tr>
<td>• Wide Squats</td>
<td>• Shoulder Rolls</td>
<td>• Arm Circles</td>
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<tr>
<td>• Slow Inchworms</td>
<td>• Slow Burpee</td>
<td>• Jumping Jacks</td>
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<tr>
<td><strong>MAIN SET</strong></td>
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<tr>
<td>• 15 Dead Bugs</td>
<td>• 20 Deadlifts</td>
<td>• 15 Plank With Arm And Leg Extensions</td>
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<tr>
<td>• 30 Second Side Plank (R/l)</td>
<td>• 20 Dead Rows</td>
<td>• 20 Plank With Hop Twist</td>
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<tr>
<td>• 30 Russian Twists</td>
<td>• 15 Rotator Raises</td>
<td>• 20 Bicycle Kicks</td>
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<tr>
<td>• 25 Plank Jacks</td>
<td>• 20 Bicep Curls</td>
<td>• 20 Reverse Crunches</td>
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<tr>
<td>• 30 Glute Bridges</td>
<td>• 20 Overhead Presses</td>
<td>• 20 Windshield Wipers</td>
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<tr>
<td>• 10 Chops</td>
<td>• 20 Overhead Extensions</td>
<td>• 15 Bear Crawls</td>
</tr>
<tr>
<td></td>
<td>• 20 Chest Presses</td>
<td>• 20 Mountain Climbers</td>
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</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
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### THURSDAY

**WARM UP**
30 seconds each

- Jog In Place
- Skaters
- Air Jump Rope
- Grapevine

**MAIN SET**

- 20 Lunges
- 15 Squats
- 20 Side Lunges (10 Per Side)
- 10 Jump Squats
- 1-minute Plank
- 10 Burpees
- 10 Bird Dogs

**REST 1-2 MINUTES IN BETWEEN SETS.**

### FRIDAY

**WARM UP**
30 seconds each

- Jog In Place
- Slow Burpee
- Skaters
- Shoulder Roll

**MAIN SET**

- 15 Dead Bugs
- Your Choice Upper Body Exercise
- 15 Planks With Arm And Leg Extensions
- Your Choice Core Exercise
- 10 Jump Squats
- Your Choice Leg Exercise
- 10 Burpees
- 10 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).
THEME: TENNIS

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

- CROSS SHOULDER STRETCH
  This loosens up the back area of the shoulder.

- ROTATING WRIST STRETCH
  This lengthens the muscles toward the radial side versus the ulnar side.

- ASSISTED REVERSE CHEST STRETCH
  This stretches the lower chest muscle group.

- STANDING HIGH LEG BENT KNEE HAMSTRING STRETCH

- BUTTERFLY STRETCH

- UPPER LOWER BACK STRETCH