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: GYMNASTICS

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>Side Bends</td>
<td>Arm Circles</td>
<td>Jumping Jacks</td>
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<tr>
<td>Run In Place</td>
<td>Walking Inchworm</td>
<td>Hip Circles</td>
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<tr>
<td>Torso Twists</td>
<td>Jumping Jacks</td>
<td>Arm Circles</td>
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<tr>
<td>High Knees</td>
<td>Shoulder Shrugs</td>
<td>Inch Worm</td>
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<tr>
<td><strong>MAIN SET</strong></td>
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<tr>
<td>20 Russian Twists</td>
<td>20 Pushups</td>
<td>25 V-ups</td>
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<tr>
<td>20 Plank Jacks</td>
<td>15 Dips</td>
<td>25 Bicycle Crunches</td>
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<tr>
<td>20 Glute Bridges</td>
<td>20 Overhead Presses</td>
<td>25 Flutter Kicks</td>
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<tr>
<td>15 Second Superman Hold</td>
<td>30 Mountain Climbers</td>
<td>15 Second Hollow Hold</td>
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<tr>
<td>30 Alternating Oblique Twists</td>
<td>20 Arm Circles Forward/back</td>
<td>10 Supermans</td>
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<tr>
<td>20–20–20 Plank</td>
<td>1 Min Plank</td>
<td>15 Bridges</td>
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</tbody>
</table>

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

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

**THURSDAY**

**WARM UP**
30 seconds each

- Jog In Place
- Mountain Climbers
- Jump Rope In Place
- Inchworms

**MAIN SET**

- 20 Calf Raises
- 20 Squats
- 10 Burpees
- Hollow Body Hold Progressions
- 20 Donkey Kicks (10 Per Legs)
- 10 Single Leg Hip Bridges

**FRIDAY**

**WARM UP**
30 seconds each

- Side Shuffles
- Shoulder Rolls
- High Knee Jog
- Hip Circles

**MAIN SET**

- 20 Side Planks With Extended Arms
- Your Choice Upper Body Exercise
- 20 Bird Dog Crunch
- Your Choice Core Exercise
- 20 Reverse Lunge
- 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.**
THEME: GYMNASTICS

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

• INVERTED HAMSTRING STRETCH

• UPPER/LOWER BACK STRETCH

• UPWARD/DOWNWARD DOG TRANSITION

• CAT-COW STRETCH

• SEATED BUTTERFLY STRETCH