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: WATER POLO

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</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>
<td>30 seconds each</td>
</tr>
<tr>
<td>Jumping Jacks</td>
<td>Arm Rotations Forward/back</td>
<td>Side Lunges</td>
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<tr>
<td>Slow Wide Squats</td>
<td>Shoulder Shrugs</td>
<td>High Knee</td>
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<tr>
<td>High Knee Jog</td>
<td>Easy Jog</td>
<td>Reverse Lunge With Rotation Reach</td>
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<tr>
<td>Alternating Back Lunges</td>
<td>Jumping Jacks</td>
<td>Side Shuffles</td>
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</tbody>
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<table>
<thead>
<tr>
<th></th>
<th><strong>MAIN SET</strong></th>
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<tbody>
<tr>
<td></td>
<td>15 Inchworms</td>
<td>15 Shoulder Presses</td>
<td>20 Plank Shoulder Taps</td>
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<tr>
<td></td>
<td>20 Hip Bridges</td>
<td>20 Chest Presses</td>
<td>30 Dead Bug</td>
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<tr>
<td></td>
<td>20 Russian Twists</td>
<td>20 Tricep Kickback</td>
<td>20 High Boat To Low Boat</td>
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<td></td>
<td>10 Second Hollow Hold x 3</td>
<td>20 Sharks</td>
<td>30 Leg Raises</td>
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<tr>
<td></td>
<td>20 Plank Dips</td>
<td>20 Front Raise To Side Raise</td>
<td>30 Side Plank, Rotate</td>
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<tr>
<td></td>
<td>10 Second Superman Hold x 3</td>
<td>20 Dead Rows</td>
<td>15 Second Superman Raise</td>
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<td></td>
<td></td>
<td>25 Mountain Climbers</td>
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</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
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Warm: 1-3 sets
Hot: 5 sets
Sizzling: 7 sets

THURSDAY

WARM UP
30 seconds each

• Jog In Place
• Burpees
• Rear Kicks
• Grapevines

MAIN SET

• 10 Wide Squats
• 10 Pushups
• 20 Front Lunges
• 20 Side Lunges
• 20 Back Lunges
• 20 Squat Jumps
• 1-minute Plank
• 20 Glute Bridges

FRIDAY

WARM UP
30 seconds each

• Jumping jacks
• Arm Rotations
• Jog In Place
• High Knee Kicks

MAIN SET

• 15 Chest Presses
• Your Choice Upper Body Exercise
• 20 Russian Twists
• Your Choice Core Exercise
• 20 Squat Jumps
• Choice Leg Exercise
• 10 Plank Walks

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

THEME: WATER POLO

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

• SHOULDER STRETCH

• CHEST STRETCH

• QUAD STRETCH

• STANDING ROLLDOWN STRETCH

• BUTTERFLY STRETCH