THEME: BADMINTON

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

MONDAY
WARM UP
30 seconds each
- Jumping Jacks
- Reverse Lunges
- Wide Squats
- Slow Inchworms

MAIN SET
- 15 Dead Bugs
- 30 Second Side Plank (R/l)
- 30 Russian Twists
- 25 Plank Jacks
- 30 Glute Bridges
- 10 Chops

TUESDAY
WARM UP
30 seconds each
- Large Arm Circles
- Jump Rope Or Air Jump Rope
- Shoulder Rolls
- Slow Burpee

MAIN SET
- 20 Deadlifts
- 20 Dead Rows
- 15 Rotator Raises
- 20 Bicep Curls
- 20 Overhead Presses
- 20 Overhead Extensions
- 20 Chest Presses

WEDNESDAY
WARM UP
30 seconds each
- Jog In Place
- Cross Jacks
- Standing Side Crunches
- Bent Over Twists

MAIN SET
- 20 Mountain Climbers
- 20 Inch Worms To Push Up
- 20 Russian Twists
- 20 Pelvic Thrusts
- 20 Supine Bridge
- 15 Plank To Push Up
- 20 V-ups

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: BADMINTON

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

**THURSDAY**

**WARM UP**
30 seconds each

- Jog In Place
- Skaters
- Jumping Jacks
- Grapevine

**MAIN SET**

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

**FRIDAY**

**WARM UP**
30 seconds each

- Hip Circles
- Arm Circles
- Jumping Jacks
- Lunges

**MAIN SET**

- 20 Downward Dog To Push Up
- Your Choice Upper Body Exercise
- 20 Body Saw
- 20 Side Plank To Hip Lift
- Your Choice Core Exercise
- 20 Squat Jumps
- 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.
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: BADMINTON

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

• TOE TOUCHES

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

• HAMSTRING STRETCH

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

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