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: HOCKEY

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>
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<tr>
<td>• Jumping Jacks</td>
<td>• Run In Place</td>
<td>• Reverse Lunge High Kick</td>
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<td>• Knees To Chest, Alternate</td>
<td>• Arm Circles Forward/back</td>
<td>• Cross Jacks</td>
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<td>• Inchworms</td>
<td>• Shoulder Rolls F/b</td>
<td>• Standing Side Crunches</td>
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<tr>
<td>• Wide Squats</td>
<td>• Jump Rope/air Jump Rope</td>
<td>• Bend Over Twists</td>
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<td><strong>MAIN SET</strong></td>
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<tr>
<td>• 15 Dead Bugs</td>
<td>• 20 Dead Rows</td>
<td>• 20 Body Saws</td>
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<tr>
<td>• 20 Second Plank</td>
<td>• 20 Pushups</td>
<td>• 20 Superman</td>
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<tr>
<td>• 10 Star Abs</td>
<td>• 20 Chest Presses</td>
<td>• 20 Mountain Climbers</td>
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<tr>
<td>• 15 Russian Twists</td>
<td>• 20 Renegade Pushups</td>
<td>• 20 Hip Bridges</td>
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<tr>
<td>• 30 Second Side Plank R/I</td>
<td>• 20 Overhead Presses</td>
<td>• 20 Leg Raises</td>
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<td>• 20 Bird Dog</td>
<td>• 20 Side Raises</td>
<td>• 20 Leg Extension</td>
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</tbody>
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REST 1–2 MINUTES IN BETWEEN SETS.
THEME: HOCKEY

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

THURSDAY

WARM UP
30 seconds each

• Jog In Place
• Burpees
• Butt Kicks
• Jumping Jacks

MAIN SET

• 10 Front Lunges
• 10 Walking Squat
• 10 Reverse Lunges
• 20 Squat Pulses
• 10 Lateral Lunges
• 10 Squat With A Lateral Leg Raise
• 30 Second Squat Hold
• 20 Plank Rotations (10 Per Side)

REST 1-2 MINUTES IN BETWEEN SETS.

FRIDAY

WARM UP
30 seconds each

• Jogging In Place With High Knees
• Arm Circles (Both Directions)
• Hip Circles (Both Directions)
• Alternating Lunges

MAIN SET

• 20 Side Raises
• Your Choice Upper Body Exercise
• 15 Dead bugs
• Your Choice Core Exercise
• 30 Squats
• Your choice Leg Exercise
• 20 Renegade Pushups

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: HOCKEY

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

• CHILD POSE

• SEATED FORWARD BEND

• SEATED STRADDLE

• PIDGEON

• EXTENDED LEG SQUAT

• PLANK POSE