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: UPPER/ LOWER BODY AND CORE

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>
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<tr>
<td>30 seconds each</td>
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<tr>
<td>• Jog In Place</td>
<td>• Jumping Jacks</td>
<td>• Jump Rope</td>
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<tr>
<td>• Alternating High Knee To Opposite Elbow</td>
<td>• Wide Squats</td>
<td>• Side Lunges</td>
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<tr>
<td>• Air Jump Rope</td>
<td>• Slow Walking Burpee</td>
<td>• Crawl Out Squats</td>
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<tr>
<td>• Slow Lateral Side Shuffle</td>
<td>• Lateral Step With High Knee</td>
<td>• Jog In Place</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>MAIN SET</strong></th>
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</thead>
<tbody>
<tr>
<td>• 50 Cross Jabs</td>
<td>• 20 Squats With Lat Pull Down</td>
<td>• 20 Supine Toe Taps</td>
</tr>
<tr>
<td>• 25 Standing Ab Crunches</td>
<td>• 15 Burpees</td>
<td>• 20 Marching Hip Bridge</td>
</tr>
<tr>
<td>• 20 Alternating Oblique Twists</td>
<td>• 20–20–20 Plank</td>
<td>• 10 Plank With Knee Drive</td>
</tr>
<tr>
<td>• 10 Superman Holds</td>
<td>• Sprint In Place</td>
<td>• 20 Moving Hip Bridge</td>
</tr>
<tr>
<td>• 20 Plank Jacks</td>
<td>• 15 Single Leg Bridge, Alternate</td>
<td>• 10 V Ups</td>
</tr>
<tr>
<td>• 20 In And Outs</td>
<td>• 15 Push Ups (Toes/knees)</td>
<td>• Full Body Roll Up</td>
</tr>
</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
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THURSDAY

WARM UP
30 seconds each

• Jog in Place
• Air jump rope, alternating feet landing
• Forward lunges
• Mountain climbers

MAIN SET

• 10 downward-facing dogs
• 10 bear crawls
• 1-minute plank
• 10 linear jumps
• 20 side-lunges
• 20 squats
• 10 plank rotations

FRIDAY

WARM UP
30 seconds each

• Jumping Jacks
• High-knee Jogging
• Child’s Pose
• Choose Your Favorite Warm-up Exercise From This Week!

MAIN SET

• 20 Squats
• 10 Inchworms
• Your Favorite Core Exercise From This Week!
• 15 Bird Dogs
• Your Favorite Leg Exercise From This Week!
• 1-minute Plank
• 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).

REST 1–2 MINUTES IN BETWEEN SETS.