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: WRESTLING

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>
<tr>
<td>Jumping Jack</td>
<td>Jumping Jacks</td>
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<tr>
<td>Walking Lunges</td>
<td>Shoulder Shrugs Forward And Back</td>
<td>Side Lunges</td>
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<tr>
<td>Wide Squats</td>
<td>Large Arm Circles</td>
<td>Cross Jacks</td>
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<tr>
<td>Inchworm</td>
<td>Inchworms</td>
<td>High Knees</td>
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<tbody>
<tr>
<td><strong>Main Set</strong></td>
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<tr>
<td>30 Side Plank With Leg Raises (15 Both Sides)</td>
<td>15 Burpees</td>
<td>20 Mountain Climbers</td>
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<tr>
<td>20 Lying Leg Raises</td>
<td>20 Reverse Flies</td>
<td>20 Squats</td>
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<tr>
<td>20 Bicycle Kicks</td>
<td>20 Push Ups</td>
<td>20 Sliding Push Ups</td>
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<tr>
<td>20 Inch Warm Push Ups</td>
<td>20 Overhead Extension</td>
<td>5–30 Second Side Bridges</td>
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<tr>
<td>20 Lateral Plank Walk</td>
<td>20 Overhead Presses</td>
<td>20 Body Saws</td>
</tr>
<tr>
<td>30 Bird Dog Crunch</td>
<td>20 Chest Presses</td>
<td>30 Second Plank</td>
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<tr>
<td>20 Plank With Spinal Rotation (10 Both Sides)</td>
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<td>20 Push Ups</td>
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</tbody>
</table>

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

THURSDAY

WARM UP
30 seconds each
- Jump Rope In Place
- Mountain Climbers
- Calf Raises
- Alligator Crawl

MAIN SET
- 20 Jump Squats
- 1–minute Plank
- 20 Skater Squats
- 20 Bird Dogs
- 20 Glute Bridges
- 10 Single Leg Burpees (5 Per Side)
- 20 Front Lunges

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 Squat To Overhead Press
- 20 Russian Twists
- 10– 5 Second Superman Holds
- 20 Alternating Lunges
- 15 Burpees
- 20 Dead Rows

* This Friday workout features a special running workout to prepare for the Chinatown YMCA’s Annual CCHP Chinese New Year Run.

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: WRESTLING

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

• ABDOMINAL TWISTS

• HAMSTRING STRETCHES

• HIP FLEXOR STRETCHES

• HAPPY BABY POSE

• CHILD’S POSE