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: ICE SKATING

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

MONDAY

WARM UP
30 seconds each
- Jumping Jack
- Walking Lunges
- Wide Squats
- Inchworm

MAIN SET
- 20 Supermans
- 20 Alternating Oblique Twists
- 20–20–20 Side Planks
- 20 Bird Dogs
- 20 Russian Twists
- 10 V-ups

TUESDAY

WARM UP
30 seconds each
- Jumping Jack
- Walking Lunges
- Arm Circles
- Shoulder Shrugs

MAIN SET
- 20 Deadlifts
- 20 Dead Rows
- 10 Single Leg Deadlifts
- 20 Front Raises
- 20 Side Raisers
- 15 Pushups

WEDNESDAY

WARM UP
30 seconds each
- Jog With High Knees
- Lunges
- Hip Circles
- Arm Circles

MAIN SET
- 20 Bird Dog
- 20 Crab Walk
- 20 Plank With Leg Raises
- 20 Pulsing Hip Bridge
  With Leg Extension
- 20 Push Ups
- 20 Around The World
  Plank

REST 1–2 MINUTES IN BETWEEN SETS.
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**THEME: ICE SKATING**

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

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### THURSDAY

**WARM UP**

30 seconds each

- Skaters
- Burpees
- Butt Kicks
- Jumping Jacks

**MAIN SET**

- 10 Front Lunges
- 10 Walking Squats
- 10 Reverse Lunges
- 20 Squat Pulses
- 30 Second Squat Hold
- 20 Burpees

REST 1-2 MINUTES IN BETWEEN SETS.

### FRIDAY

**WARM UP**

30 seconds each

- Jog In Place
- Mountain Climbers
- Superman Exercises
- Grapevines

**MAIN SET**

- 10 Lunges
- Plank For 30 Seconds
- 10 Squats
- 10 Reverse Lunges
- Plank For 1 Minute
- 10 Squats Jumps
- Plank For 30 Seconds
- 20 Glute Bridges
- 10 Plank Rotations (5 Per Side)

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

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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: ICE SKATING

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

• HAMSTRING STRETCH
• QUADRICEP STRETCH
• PIRIFORMIS STRETCH
• ADDUCTOR STRETCH
• SHOULDER STRETCH