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: RUGBY**

**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>
<tr>
<td>30 seconds each</td>
<td>30 seconds each</td>
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<tr>
<td>- Jumping Jacks</td>
<td>- High Knee Run In Place</td>
<td>- Jog With High Knees</td>
</tr>
<tr>
<td>- Walking Lunges</td>
<td>- Inchworms</td>
<td>- Lunges</td>
</tr>
<tr>
<td>- Butt Kicks</td>
<td>- Arm Circles</td>
<td>- Hip Circles</td>
</tr>
<tr>
<td>- Open Arms Wide And Slap Back</td>
<td>- Shoulder Circles</td>
<td>- Arm Circles</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>MAIN SET</th>
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</thead>
<tbody>
<tr>
<td>- 20 Alternating Oblique Twist</td>
<td>- 20 Chest Presses</td>
<td>- 20 Second Bowl Hold</td>
</tr>
<tr>
<td>- 5 Second Superman Hold x 5</td>
<td>- 20 Overhead Presses</td>
<td>- 30 V-sit Slow Twist</td>
</tr>
<tr>
<td>- 20 V-sits</td>
<td>- 20 Bicep Curls</td>
<td>- 40 Seconds Flutter Kick</td>
</tr>
<tr>
<td>- 5 Second Hollow Hold x 5</td>
<td>- 20 Dead Rows</td>
<td>- 20 Alternating Superman</td>
</tr>
<tr>
<td>- 15 Dead Bugs</td>
<td>- 20 Side Raises</td>
<td>- 30 Crunch Hold And Rotate</td>
</tr>
<tr>
<td>- 1 Minute Plank</td>
<td>- 15 Rotator Raises</td>
<td>- 30 Hip Bridges</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
- Grape Vines
- Rear Kicks

**MAIN SET**
- 10 Frontal Squats
- 20 Lunge Twists
- 30 Second Squat Hold
- 20 Burpees
- 10 Reverse Lunges
- 20 Lunges In Place
- 20 Lateral Lunges (10 Per Side)
- 15 Plank In And Outs

**FRIDAY**

**WARM UP**
30 seconds each
- Lunges
- Jog In Place
- Toe Rises
- Hip Circles

**MAIN SET**
- Run: 1 Minute (Speed Walk If Needed)
- Strength: 1 Minute Wide Squats
- Run: 2 Minutes (Speed Walk If Needed)
- Strength: 1 Minute Walking Lunges
- Run: 3 Minutes (Speed Walk If Needed)
- Strength: 1 Minute Donkey Kicks
- Run: 4 Minutes (Speed Walk If Needed)

* 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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THEME: RUGBY

DON’T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

• HAMSTRING STRING STRETCH

• QUAD STRETCH

• HIP FLEXOR STRETCH

• LAT STRETCH

• CALF STRETCH