**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.

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**THEME: SNOWBOARDING**

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

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<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>WARM UP</strong></td>
<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>
<td>• High Knees</td>
<td>• Run In Place</td>
<td>• Cross Jacks</td>
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<tr>
<td>• Torso Twists</td>
<td>• Hip Circles</td>
<td>• Lunges</td>
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<tr>
<td>• Inchworms</td>
<td>• Wide Arm Circles Forward</td>
<td>• Scissor Skier</td>
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<tr>
<td>• Backward Alternating Lunge</td>
<td>• Wide Arm Circles Backward</td>
<td>• Bend Over Twist</td>
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<tr>
<td><strong>MAIN SET</strong></td>
<td><strong>MAIN SET</strong></td>
<td><strong>MAIN SET</strong></td>
</tr>
<tr>
<td>• 20 Mountain Climbers</td>
<td>• 10 Pushups</td>
<td>• 20 Leg Circles</td>
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<tr>
<td>• 10 Second Hallow Hold x 3</td>
<td>• 15 Single Leg Deadlifts</td>
<td>• 20 Single Leg Stands (10 Right, 10 Left)</td>
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<tr>
<td>• 20 Alternating Crunches</td>
<td>• 10 Burpees</td>
<td>• 20 Mountain Climbers</td>
</tr>
<tr>
<td>• 10 Second Superman Hold x 3</td>
<td>• 5 Rotating Planks</td>
<td>• 20 Squat Jumps</td>
</tr>
<tr>
<td>• 20 Second Side Plank</td>
<td>• 10 Tricep Dips</td>
<td>• 20 Second Superman</td>
</tr>
<tr>
<td>• 10 V-sits</td>
<td>• 30 Second Plank Hold</td>
<td>• 20 Wide Squats</td>
</tr>
</tbody>
</table>

**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: SNOWBOARDING

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

THURSDAY

WARM UP
30 seconds each
- Jumping Jacks
- Grapevines
- Butt Kicks
- Skaters

MAIN SET
- 10 Squats
- 10 Lunges
- 10 Jumping Squats
- 10 Switch Lunges
- 15 Deadlifts
- 10 Supermans

FRIDAY

WARM UP
30 seconds each
- High Knees
- Squats With Hip Rotation
- Glute Bridges With Knee Dives
- Lunges

MAIN SET
- Speed Walk For 5 Minutes
- Rest For 1 Minute
- Jog For 5 Minutes
- Rest For 2 Minutes
- Speed Walk For 5 Minutes
- Jog For 5 Minutes
- Walk For 2 Minutes

* 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.
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WORKOUT OF THE WEEK

YOU CHOOSE YOUR PACE. CONCENTRATE ON FORM AND NOT SPEED! MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: SNOWBOARDING

DON’T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

• QUAD STRECH
• GLUTE STRETCH
• SEATED BUTTERFLY
• T HIP ROTATION
• SHOULDER STRETCH