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: SNOWSHOEING

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>WARM UP</th>
<th>MAIN SET</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>30 seconds each</td>
<td>• 20 Alternating Oblique Twists</td>
</tr>
<tr>
<td></td>
<td>• Air Jump Rope</td>
<td>• 15 Second Reverse Plank X 2</td>
</tr>
<tr>
<td></td>
<td>• Inchworms</td>
<td>• 20 Russian Twists</td>
</tr>
<tr>
<td></td>
<td>• Alternating Knees To Elbows</td>
<td>• 30 Second Plank</td>
</tr>
<tr>
<td></td>
<td>• Wide Squats</td>
<td>• 10 Ankle Tap Pushups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 20 Reverse Crunches</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td>30 seconds each</td>
<td>• 20 Second Walking Plank</td>
</tr>
<tr>
<td></td>
<td>• Jumping Jacks</td>
<td>• 20 Bicep Curls</td>
</tr>
<tr>
<td></td>
<td>• Small Arm Circles</td>
<td>• 20 Tricep Kickbacks</td>
</tr>
<tr>
<td></td>
<td>Forward/back</td>
<td>• 20 Dead Rows</td>
</tr>
<tr>
<td></td>
<td>• Arm Swings – Overhead And Back To Thighs</td>
<td>• 20 Push Ups</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td>30 seconds each</td>
<td>• 20 Chest Presses</td>
</tr>
<tr>
<td></td>
<td>• Jog in Place</td>
<td>• 10 Pushups</td>
</tr>
<tr>
<td></td>
<td>• Lunges</td>
<td>• 20 Plank Jacks</td>
</tr>
<tr>
<td></td>
<td>• Squats</td>
<td>• 20 C-crunches</td>
</tr>
<tr>
<td></td>
<td>• Hip Circles</td>
<td>• Bear Crawl (5yds Forward, 5 Yds Back)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 20 Spidermens (10 On Each Side)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 20 Hip Bridges</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 20 Russian Twists</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 20 Bicycle Crunches</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 20 Plank Jacks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 20 C-crunches</td>
</tr>
</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
THEME: SNOWSHOEING

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

THURSDAY

WARM UP
30 seconds each
- Jumping Jacks
- Side-shuffle
- High Knees
- Rear Kicks

MAIN SET
- 40 Hops On One Foot (20 Per Side)
- Squat And Hold For 30 Seconds
- 10 Forward Jumps (2 Times)
- 20 Backward Stepping Lunges
- 20 Side Lunges
- 20 Side Leg Raises (10 Per Side)

FRIDAY

WARM UP
30 seconds each
- Skip In Place
- Leg Extensions
- Grapevines
- Side Shuffles

MAIN SET
- 20 Front Lunges
- 20 Superman Poses
- 20 Backward Lunge W/tilt
- 1-minute Plank
- 10 Renegade Pushups
- 10 V-sit Slow Twist
- 20 Fire Hydrants

* 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.
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: SNOWSHOEING

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

• STANDING QUAD STRETCH

• STANDING FORWARD BEND

• HAMSTRING ROCKER STRETCH

• BUTTERFLY STRETCH

• DOWNWARD FACING DOG