

WORKOUT OF THE WEEK



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

THEME: CROSS COUNTRY SKIING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jump Rope/air Jump Rope
- Hip Rotations In To Out
- Jumping Jacks
- Cross Jabs Right/left
(Aim For Corners)

MAIN SET

- 10 Bird Dog
- 10 Dead Bugs
- 20 Round The World Planks
- 20 Glute Bridges
- 30 Second Bear Crawl
Forward And Backward
- 10 V-sits

TUESDAY

WARM UP

30 seconds each

- Run In Place
- Shoulder Shrugs
- Open Arms Wide And
Give Self Hug
- Alternating High Knees

MAIN SET

- 20 Single Leg Deadlifts
- 15 Pushups
- 10 Side Plank W/rotation
(Switch Sides)
- 20 Wide Deadrows
- 20 Tricep Dips
- Plank With Leg Tap

WEDNESDAY

WARM UP

30 seconds each

- Torso Twists
- Lateral Shuffle R/l
- Walking Inchworm
- Wide Squats

MAIN SET

- 20 Alternating Oblique
Twists
- 20 Plank Jacks
- 20 Flutter Kicks
- 10 – 3 Sec Superman Holds
- 10 Burpees
- 20 Russian Twists

REST 1-2 MINUTES IN BETWEEN SETS.

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Hot: 5 sets

Sizzling: 7 sets

THURSDAY

WARM UP

30 seconds each

- Air Jump Rope In Place
- Hop On 1 Foot As Fast As You Can (30 Seconds Per Side)
- Torso Twists
- Skaters

MAIN SET

- 20 Regular Squats
- 10 Switch Lunges (10 Per Side)
- Side Plank Leg Extension (30 Seconds Each Side)
- 20 Side Lunges (10 Per Side)
- 10 Back Lunges
- 30 Fire Hydrants (15 Per Side)
- 10 Front Lunges
- 20 Bird Dogs

FRIDAY

WARM UP

30 seconds each

- Toe Raises
- Grape Vines
- Lunges
- Butt Kicks

MAIN SET

- 5-minute Speed Walk
- 5-minute Jog
- 1-minute Sprint
- 7-minute Jog
- 2-minute Rest
- 2-minute Sprint
- 2-minute Jog
- 7-minute Walk (Cool Down)

* 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

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THEME: CROSS COUNTRY SKIING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **HAPPY BABY POSE**
- **UPWARD DOG TO DOWNWARD DOG WITH LEG PEDALS**
- **KNEE-TO-CHEST STRETCH**
- **SEATED GLUTE STRETCH**
- **CAT-COW STRETCH**
- **CHILD'S POSE**