### 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: CROSS COUNTRY SKIING

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

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#### 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

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#### 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

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#### 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

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REST 1–2 MINUTES IN BETWEEN SETS.
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**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.
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