

# 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: BALLET

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### MONDAY

#### WARM UP

30 seconds each

- Plies
- Jumping Jacks
- Inchworms
- Butt Kicks

#### MAIN SET

- 20 Alternating Oblique Twists
- 20 Supermans
- 20 Leg Scissors
- 20 Plank With Knee Drive
- 20 Russian Twists
- 10 Side Plank Hip Raises

### TUESDAY

#### WARM UP

30 seconds each

- Arm Circles
- 10 Pushups From Knees
- Jumping Jacks
- Shoulder Shrugs

#### MAIN SET

- 15 Single Leg Deadlifts
- 20 Bent Over Rows
- 15 Plank In And Outs
- 15 Standing Chops
- 30 Sec Arm Butterflies  
(Extend Arms Like A T, Pump Arms Up And Down 1 Inch. Face & Hands Forward And Pump Forward And Back)
- Small Arm Circles With 2 Lb Weights (Can Of Soup Or Water Bottle)

### WEDNESDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Hip Circles
- Arm Circles
- Neck Circles

#### MAIN SET

- 20 Side Lunges
- 20 Flutter Kicks
- 20 Forward Lunge With Twist
- 20 Step-up Front Lunge With Twist
- 20 Sit Up Holds
- 90 Degree Toe Taps
- 20 Sec Front And Side
- Plank With Arm Extensions

REST 1-2 MINUTES IN BETWEEN SETS.

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Hot: 5 sets

Sizzling: 7 sets

### THURSDAY

#### WARM UP

30 seconds each

- Pilates Leg Circles (30 Seconds Per Leg)
- Jumping Jacks
- Body Rolls
- Calf Raises

#### MAIN SET

- 20 Side Pliés (10 Per Leg)
- 20 Donkey Kicks (10 Per Side)
- 20 Fire Hydrants
- 20 Side Passés (10 Per Leg)
- 10 Front Passés
- 10 Back Passés
- 20 Glute Bridges

### FRIDAY

#### WARM UP

30 seconds each

- Toe Raises
- Calf Raises
- Lateral Shuffles
- Torso Twists
- Butt Kicks

#### MAIN SET

- 3-minute Speed Walk
- 7-minute Jog
- 5-minute Sprint
- 7-minute Jog
- 5-minute Rest
- 3-minute Sprint
- 2-minute Jog
- 3-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: BALLET

# DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **BARRE HAMSTRING STRETCHES'**
- **LUNGES**
- **STANDING QUAD STRETCH**
- **STANDING HAMSTRING AND HIP FLEXORS STRETCH**
- **BUTTERFLY STRETCH**