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: SLEDDING

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<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 Knee Run</td>
<td>• Arm Circles</td>
<td>• Reverse Jumping Jacks</td>
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<tr>
<td>• Inchworms</td>
<td>• 10 Pushups From Knees</td>
<td>• Side Shuffles</td>
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<tr>
<td>• Squats</td>
<td>• Jumping Jacks</td>
<td>• Shoulder Rolls</td>
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<tr>
<td>• Alternating Lunges</td>
<td>• Shoulder Shrugs</td>
<td>• Hip Circles</td>
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<tr>
<td><strong>MAIN SET</strong></td>
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</tr>
<tr>
<td>• Tricep Pushups</td>
<td>• 15 Walking Plank Right &amp;Left</td>
<td>• 15 Bear Crawl</td>
</tr>
<tr>
<td>• 20 Dead Bugs</td>
<td>• 20 Bicep Curls</td>
<td>• 15 Mountain Climbers</td>
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<tr>
<td>• 15 Renegade Pushups Knees Or Toes</td>
<td>• Plate Presses – Put Weights Or Heavy Object On Towel And Push Across Floor</td>
<td>• 20 Sec Side Plank (Both Sides)</td>
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<tr>
<td>• 10 Hollow Leg Raises</td>
<td>• 20 Chest Presses</td>
<td>• 30 Russian Twist</td>
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<tr>
<td>• 15 Sec Side Plank Leg Extension Holds</td>
<td>• 10 Inchworms</td>
<td>• 15 Hip Bridges</td>
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<tr>
<td>• 10 Oblique V-ups Each Side</td>
<td>• 20 Overhead Presses</td>
<td>• 15 Burpees</td>
</tr>
<tr>
<td></td>
<td>• 15 Plank Jacks</td>
<td>• 20 Sec Side Plank With Arm Extensions</td>
</tr>
</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
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THURSDAY

WARM UP
30 seconds each

- Calf Raises
- Farmer’s Walk On Toes
- Grape Vines
- Mountain Climbers

MAIN SET

- 10 Switch Lunges
- 20 Plank Rotations (10 Per Side)
- 10 Squats
- 5 Burpees
- 10 Front Lunges
- 10 Bird Dogs
- 10 Fire Hydrants
- 10 Reverse Lunges
- 10 Glute Bridges

REST 1–2 MINUTES IN BETWEEN SETS.

FRIDAY

WARM UP
30 seconds each

- Jumping Jacks
- Squats With Walk Outs
- Run In Place With Butt Kicks
- Hacky Sack

MAIN SET

- 5x1 Minute Brisk Walk
- 2 Minute Slow Passed Walk
- 5x1 Minute Jog
- 2 Minute Walk
- 3x1 Minute Brisk Walk
- 2 Minute Jog Or Speed Walk

* This Friday workout features a special running workout to prepare for the Chinatown YMCA’s Annual CCHP Chinese New Year Run.
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THEME: SLEDDING

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

• INHALE, REACH HANDS OVER HEAD, EXHALE LOWER HANDS (COUNT OF 4 EACH WAY)

• QUAD STRETCH

• HAMSTRING STRETCH

• SHOULDER STRETCH

• IT BAND

• BICEP/TRICEP STRETCH