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: LACROSSE

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td><strong>WARM UP</strong></td>
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<tr>
<td>30 seconds each</td>
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<tr>
<td>• Jumping jacks</td>
<td>• Arm Circles</td>
<td>• Lunges</td>
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<tr>
<td>• High Knees</td>
<td>• Opposite Knee To Elbow</td>
<td>• Side Lunges</td>
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<tr>
<td>• Inchworms</td>
<td>• Shoulder Shrugs</td>
<td>• Jog In Place</td>
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<tr>
<td>• Wide Squats</td>
<td>• Run In Place</td>
<td>• Hip Circles</td>
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<table>
<thead>
<tr>
<th>MAIN SET</th>
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<tbody>
<tr>
<td>• 15 Standing chops</td>
<td>• 15 Pushups</td>
<td>• 20 Alternating Pike</td>
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<tr>
<td>• 20 bicycle crunches</td>
<td>• 20 Tricep Kickbacks</td>
<td>• 20 Russian Twists</td>
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<tr>
<td>• 15 Burpees</td>
<td>• 20 Bicep Curls</td>
<td>• 20 Leg Raises</td>
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<tr>
<td>• 20–20–20 Plank</td>
<td>• 15 Dumbbell Bent Over Rows</td>
<td>• 20 Supermans</td>
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<tr>
<td>• 20 Reverse crunches</td>
<td>• 15 Dumbell Flys</td>
<td>• 15 Second Planks (Alternate Sides)</td>
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<td>• 10 Bird dogs</td>
<td>• 45 Second Plank Hold</td>
<td>• 20 Mountain Climbers</td>
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<td></td>
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<td>• 15 Hip Bridges</td>
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</tbody>
</table>

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

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

THURSDAY

WARM UP
30 seconds each
- Squats
- Backward Stepping Alternating Lunges
- Butt Kicks
- Side Shuffles

MAIN SET
- 20 Forward Stepping Lunges
- 20 Lateral Lunges
- 20 Squats
- 20 Switch Lunges
- 20 Airjacks
- 20 Glute Bridges
- 20 Single Leg Deadlifts

FRIDAY

WARM UP
30 seconds each
- Jump Rope
- Squat With Overhead Press
- Calf Raises
- Wrist Curls

MAIN SET
- Your Favorite Upper Body Exercise
- 20 Push Ups
- 10 Bear Crawls
- Your Favorite Lower Body Exercise
- 20 Leg Rises
- 15 Squat Jumps
- Your Favorite Core Exercise
- 20 Shoulder Raises
- 20 Butterfly Sit Ups

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

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