**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: LOWER & UPPER BODY**

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

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<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>• Slow Squats</td>
<td>• Run In Place</td>
<td>• Jog In Place</td>
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<tr>
<td>• Slow Switch Knees</td>
<td>• Arm Circles (Switch Directions)</td>
<td>• Easy Wide Squats</td>
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<tr>
<td>• Lateral Shuffle</td>
<td>• Jumping Jacks</td>
<td>• Air Jump Rope</td>
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<tr>
<td>• Easy Side Lunges</td>
<td>• Alternating Jabs</td>
<td>• High Knees</td>
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<table>
<thead>
<tr>
<th>MAIN SET</th>
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<tbody>
<tr>
<td>• 10 Dead Bugs</td>
<td>• 15 Dips</td>
<td>• 20 Jumping Jacks</td>
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<tr>
<td>• 25 Russian Twists</td>
<td>• 25 Jacks</td>
<td>• 10 Push-ups</td>
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<tr>
<td>• 20 Squats Or Jumping Squats</td>
<td>• 20 Bicep Curls</td>
<td>• 10 Upward Dogs</td>
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<tr>
<td>• 20 Lateral Leg Drops</td>
<td>• 10 Tricep Push Ups</td>
<td>• 1 Minute Plank</td>
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<tr>
<td>• 10 Cat Cow</td>
<td>• 20 Speed Bags</td>
<td>• 10 Backwards Lungs</td>
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<tr>
<td>• 1 Minute Plank</td>
<td>• 20 Alternating Shoulder Taps</td>
<td>• 10 Plank Rotations</td>
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</tbody>
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**REST 1–2 MINUTES IN BETWEEN SETS.**
THEME: LOWER & UPPER BODY

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

**THURSDAY**

**WARM UP**
30 seconds each

- Alternating Chest Openers (Open Arms Diagonally)
- Torso Twist
- Shoulder Rolls
- Hops On The Spot

**MAIN SET**

- 10 Bent Knee Pushups
- 15 Hinging Rows
- 10 Walking Pushups
- 10 Downward-facing Dog
- 10 Inchworms
- 10 Supermans
- 15 Second Hold Child’s Pose

**FRIDAY**

**WARM UP**
30 seconds each

- Large Arm Circles (Forward Back)
- Your Favorite Warm-up Exercise From This Week!
- Hip Rotations (Inward/outward)
- Forward And Backward Leg Swings (Use Wall Or Chair, If Needed)

**MAIN SET**

- 25 Air Squats
- Your Favorite Chest/back Exercise From This Week!
- 25 Mountain Climbers
- Your Favorite Bicep/tricep Exercise From This Week!
- 25 Jumping Jacks
- Your Favorite Core Exercise From This Week!

We’re pulling it all together! We’ve worked on specific locations all week—now let’s put it all to good use. You will also get to choose a few of your own sets (review core and leg exercises to choose from).

REST 1–2 MINUTES IN BETWEEN SETS.