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: LOWER & UPPER BODY

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>
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<tr>
<td>• Jog In Place</td>
<td>• Run In Place</td>
<td>• Jog In Place</td>
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<tr>
<td>• Squat With Front Kick</td>
<td>• Calf Raises</td>
<td>• Hip Circles</td>
</tr>
<tr>
<td>• Jumping Jack</td>
<td>• Wide Squats</td>
<td>• Alternate Butt Kicks</td>
</tr>
<tr>
<td>• Hip Circles</td>
<td>• Alternating Standing Toe Touches</td>
<td>• Side Lunges</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>MAIN SET</strong></th>
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</thead>
<tbody>
<tr>
<td>• Side To Side Single Leg Hops</td>
<td>• 25 Wide Squats</td>
<td>• 30 Mountain Climbers</td>
</tr>
<tr>
<td>• Standing Side Crunch</td>
<td>• 20 Donkey Kicks</td>
<td>• 20 Fire Hydrants Each Side</td>
</tr>
<tr>
<td>• 15 Plank Jacks</td>
<td>• 15 Front To Lateral Raises</td>
<td>• 25 Jumping Jack</td>
</tr>
<tr>
<td>• 15 Leg Scissors</td>
<td>• 20 Lateral Lunges</td>
<td>• Walking Lunge With Twist</td>
</tr>
<tr>
<td>• 15 Heel Touches</td>
<td>• Single Leg Hip Bridge With Leg Extension</td>
<td>• Wide Squat Pulses</td>
</tr>
<tr>
<td>• 15 Hip Bridges</td>
<td>• 15 Renegade Pushups</td>
<td>• 10 Second V Sit</td>
</tr>
</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
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**REPETITION LEVELS:**
- **Warm:** 1-3 sets
- **Hot:** 5 sets
- **Sizzling:** 7 sets

**THURSDAY**

**WARM UP**
30 seconds each

- Run In Place
- Warrior One Pose
- Forward Linear Jumps
- Lateral Shuffles

**MAIN SET**

- 10 Side-jumps
- 10 Bear Crawls
- 10 Side Lunges With High Knee
- 10 Hip Rotations
- 20 Side Lying Hip Adductors
- 20 Side Lying Hip Abductors

**FRIDAY**

**WARM UP**
30 seconds each

- Jump Rope
- Your Favorite Warm-up Exercise From This Week!
- Squat With High Knee Pull
- Sprint In Place (10 Sec/rest/repeat)

**MAIN SET**

- 15 Squat Jack
- 15 Deadlifts
- Your Favorite Leg Exercise From This Week!
- 15 Burpees
- Your Favorite Core Exercise From This Week!
- 15 Plank Jacks

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.**
WORKOUT OF THE WEEK
YOU CHOOSE YOUR PACE. CONCENTRATE ON FORM AND NOT SPEED!
MAKE SURE TO STAY HYDRATED & STRETCH AFTER YOUR WORKOUT.

THEME: LOWER & UPPER BODY

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

- **STANDING ROLL-DOWN**
  HOLD 8–10 SECONDS

- **STANDING DORSI-FLEXION (STRETCHES CALVES)**
  HOLD FOR 15–30 SECONDS

- **SEATED BUTTERFLY STRETCH (STRETCHES THIGHS)**
  HOLD FOR 15–30 SECONDS

- **SEATED STRADDLE STRETCH (STRETCHES ABS, BACK, THIGHS)**
  HOLD FOR 15–30 SECONDS

- **QUAD TO IT BANDS STRETCH – HOLD 8–10 SECOND**