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>
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</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>• Jumping Jacks</td>
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<tr>
<td>• Standing Torso Twists</td>
<td>• Arm Circles Forward &amp; Back</td>
<td>• Hip Circles</td>
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<tr>
<td>• Butt Kicks</td>
<td>• Wide Squats</td>
<td>• Reverse Lunge</td>
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<tr>
<td>• Hip Circles</td>
<td>• Side Lunges</td>
<td>With Rotation Reach</td>
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<td>• Jump Rope</td>
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<td><strong>MAIN SET</strong></td>
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<tr>
<td>• Dumbbell Side Bends</td>
<td>• 15 Bicep Curl With Squat</td>
<td>• 20 High Crunches</td>
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<tr>
<td>• 100’s</td>
<td>• 20 Jumping Jacks</td>
<td>• 20 High Legs Raises</td>
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<tr>
<td>• Standing Side Crunch</td>
<td>• 15 Overhead Press With Lunge</td>
<td>• 60 Seconds Of Jogging In Place</td>
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<tr>
<td>• 15 Reverse Crunches</td>
<td>• 15 Kneeling Tricep Kickbacks</td>
<td>• 20 Plank In And Outs</td>
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<td>• 20 Flutter Kicks</td>
<td>• 20 Hip Bridges</td>
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<tr>
<td>• 10 Plank Jacks</td>
<td>• 3–20 Second Planks</td>
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</tbody>
</table>

REST 1–2 MINUTES IN BETWEEN SETS.
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Sizzling: 7 sets

THURSDAY

WARM UP
30 seconds each

• Arm Circles, Forward And Backward
• Spinal Rolls
• Squat Jumps
• Butterfly Stretch

MAIN SET

• 10 Push-ups
• 10 Cat-cow Poses
• 20 Lunges (10 Per Side)
• 10 Downward Dog Poses
• 20 Plank Rotations (10 Per Side)
• 10 Inchworms 10 Child’s Poses

FRIDAY

WARM UP
30 seconds each

• Jumping Jacks
• Your Favorite Warm-up Exercise From This Week!
• Air Jump Rope
• Fast Jabs

MAIN SET

• 20 Burpees
• Your Favorite Leg Exercise From This Week!
• 20 Jump Squats
• Your Favorite Core Exercise From This Week!
• 1 Minute Plank
• Your Favorite Upper Body 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.
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THEME: LOWER & UPPER BODY

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

- **STANDING UPPER/LOWER BACK STRETCH** – HOLD 8-10 SECONDS
- **SHOULDER ROLLS FORWARD AND BACK 10 TIMES**
- **SEATED LATERAL FLEXION** – HOLD 8-10 SECONDS
- **SIDE NECK STRETCH** HOLD FOR 5 DEEP BREATHS
- **SEATED SPINAL TWIST**
  Stretches the spine, helps alleviate chronic back pain — hold for 5 breaths
- **SEATED FIGURE FOUR STRETCH**
  Stretches the glutes, hamstrings and calves – hold for 5 breaths