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: CARDIO, LOWER & UPPER

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>
<td>30 seconds each</td>
<td>30 seconds each</td>
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<tr>
<td>• Inchworms</td>
<td>• Mid Squats</td>
<td>• Side Lunges</td>
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<tr>
<td>• Alternating Lunges</td>
<td>• Hip Rotations</td>
<td>• High Knee</td>
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<tr>
<td>• Standing Mountain Climbers</td>
<td>• Jumping Jacks</td>
<td>• Reverse Lunge</td>
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<tr>
<td>• Alternating Cross Jabs</td>
<td>• Side Lunge</td>
<td>With Rotation Reach</td>
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<td></td>
<td></td>
<td>• Side Shuffles</td>
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<tr>
<td><strong>MAIN SET</strong></td>
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<tr>
<td>• 20 Supine Toe Taps</td>
<td>• 20 Squats With A Front Kick</td>
<td>• 20 Plank Shoulder Taps</td>
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<tr>
<td>• 20 Mountain Climbers</td>
<td>• 20 Walking Lunges</td>
<td>• 30 Dead Bug</td>
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<tr>
<td>• 20 Vertical Leg Crunches</td>
<td>• 20 Butt Kicks</td>
<td>• 20 High Boat To Low Boat</td>
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<tr>
<td>• 20 Scissor Kicks</td>
<td>• 20 Alternating Lunges</td>
<td>• 30 Leg Raises</td>
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<tr>
<td>• 10 Oblique V-ups</td>
<td>• 20 Leg Swings</td>
<td>• 30 Side Plank, Rotate</td>
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<tr>
<td>• 30 Second Side Plank</td>
<td>Forward and Backward</td>
<td>• 15 Sec Superman Raise</td>
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<td>With Heel Lift</td>
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</table>

REST 1–2 MINUTES IN BETWEEN SETS.
THEME: CARDIO, LOWER & UPPER

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**THURSDAY**

**WARM UP**
30 seconds each

- Jumping Jacks
- Jog In Place
- Frontward Lunges
- Butt Kicks

**MAIN SET**

- 10 Child’s Poses
- 20 Plank Rotations (10 Per Side)
- 10 Bird Dogs
- 20 Burpees
- 20 Standing Arm Extensions
- 20 Spider Walks

**FRIDAY**

**WARM UP**
30 seconds each

- High Knees
- Your Favorite Warm-up Exercise From This Week!
- Arm Circles
- Wide Squats

**MAIN SET**

- 20 Burpees
- Your Favorite Leg Exercise From This Week!
- Star Jacks
- Your Favorite Core Exercise From This Week!
- 20 Squats With Front Kick
- Your Favorite Shoulder Exercise From This Week!
- 20/20/20 Plank

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).

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THEME: CARDIO, LOWER & UPPER

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

• OVERHEAD TRICEPS STRETCH

• SHOULDER STRETCH

• SIDE- LYING QUADRICEPS STRETCH

• IT BAND STRETCH