

# 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: MARTIAL ARTS

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### MONDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Alternating Front Kicks
- Easy Front Jabs
- Slow Squats

#### MAIN SET

- 20 Dead Bugs
- 20 Cross Crunches
- 20 Walking Plank
- 20 Bird Dog
- 25 Flutter Kicks
- 25 Dolphin Kicks

### TUESDAY

#### WARM UP

30 seconds each

- Squat Pulses
- Alternating Lunges
- Hip Circles
- Arm Swings

#### MAIN SET

- 20 Squats To Streamline
- 20 Alternating Front Lunges
- 20 Alternating Supermans
- 20 Push Ups (Knees/toes)
- Side Plank (Each Side)
- 20 Burpees

### WEDNESDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Side Lunges
- Reverse Lunges
- Jog In Place

#### MAIN SET

- 20 Sec Plank
- 20 Side Plank  
Transverse Reach
- 20 Alternating Arm  
And Leg Plank
- 20 Leg Raises
- 20 Alternating Straight  
Leg Jack Knife
- 20 Alternating Superman

REST 1-2 MINUTES IN BETWEEN SETS.

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Hot: 5 sets

Sizzling: 7 sets

### THURSDAY

#### WARM UP

30 seconds each

- Slow Jabs
- Wide Squats
- Leg Swings R/l
- Arm Circles

#### MAIN SET

- 1 Min Arm Jabs (With Weights Or Soup Cans)
- 20 Glute Bridges
- 20 Side-lying Clams
- 1 Min Upper Cuts (With Weights Or Soup Can)
- 20 Kneeling Pushups
- 20 Split Squats
- 20 Superman Stretches
- 2 X 1-minute Planks
- 20 Streamline Lunges
- 1 Min Upper Cuts (With Weights Or Soup Cans)

### FRIDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Side Lunges
- Trunk Claps
- March In Place

#### MAIN SET

- 25 Flutter Kicks
- Your Favorite Exercise From Tuesday!
- 20 Squats To Streamline
- Your Favorite Exercise From Wednesday!
- 1 Minute Plank
- Your Favorite Exercise From Thursday!

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.

YMCA OF SAN FRANCISCO

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## THEME: MARTIAL ARTS

### DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- CAT-COW POSE (30 SECONDS)
- DOWNWARD TO UPWARD FACING DOG (30 SECONDS EACH)
- HUMBLE WARRIOR POSE
- LOCUST POSE (30 SECONDS)