

# WORKOUT OF THE WEEK



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

## 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 Alternating Jabs With A Crunch
- 10 Slow Side Rotations (Option With Weight)
- 10 Side Jack Knives
- 10 Push Ups
- 15 Hollow Leg Raises
- 1 Minute Plank

### TUESDAY

#### WARM UP

30 seconds each

- Wide Squats
- Arm Circles (Foreword/backward)
- Wide Chest Stretch (Open/close)
- Alternating March With Arm Extension

#### MAIN SET

- 5 Rounds Slow To Fast Uppercuts
- 15 Round House Set Ups Each Side
- 5 Rounds Slow To Fast Hooks
- 20 Round House Kicks Each Side
- 5 Rounds - 20 2 uppers/2 Hooks
- 3 Rounds - 10 Repeater Roundhouse Kicks

### WEDNESDAY

#### WARM UP

30 seconds each

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

#### MAIN SET

- 15 Pushups
- 15 Burpees
- 20 Russian Twists
- 20 Alternating Plank And Reach
- 20 Bicycle Crunches
- 20 Seconds Of Flutter Kick

REST 1-2 MINUTES IN BETWEEN SETS.

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Sizzling: 7 sets

### THURSDAY

#### WARM UP

30 seconds each

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

#### MAIN SET

- 5 Rounds – Slow To Fast Jabs  
Target Nose Or Lip
- 30 Seconds Alternating Front Kicks  
Aim For Shin Or Higher, Retract Kick
- 5 Rounds – Slow To Fast Crosses  
Target Corners
- 30 Seconds – Alternating Back Kicks
- 5 Rounds – 20 – 2 Jabs/ 2 Crosses.
- 3 Rounds – 10 Alternating Front Kicks  
To 10 Alternating Back Kicks

### FRIDAY

#### WARM UP

30 seconds each

- Inchworms Slow
- Jumping Jacks
- Alternating Lunges
- Jog In Place

#### MAIN SET

- Pick Your Favorite Punching Exercise
- 20 Burpees
- Pick Your Favorite Core Exercise
- Vertical Leg Crunch
- Pick Your Favorite Kicking Exercise
- Squat With A Front Kick

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.

- GROIN AND ADDUCTOR STRETCH
- STANDING HIGH-LEG BENT KNEE HAMSTRING STRETCH
- ASSISTED REVERSE CHEST AND SHOULDER STRETCH
- TUCKED BODY ROLLS
- SEATED NECK STRETCHES