

WORKOUT OF THE WEEK



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

THEME: TRIATHLON

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jacks
- Core Rotations
- High Alternating Knees
- Hip Rotations

MAIN SET

- Bridges
- 30 Second Side Plank With Leg Extension (R/L)
- 20 Bird Dogs
- V Sit With A Twist Slow
- 20 Walking Planks
- 20 Flutter Kicks

TUESDAY

WARM UP

30 seconds each

- High Knees In Place
- Large Arm Circles (Forward/backward)
- Hip Circles In-to-out/out-to-in
- Side Lunges

MAIN SET

- 20 Squat To Streamline
- 20 Renegade Row
- 20 Reverse Lunges
- 20 Tricep Kickbacks
- 20 Push Ups
- 20 Lying Hip Abduction

WEDNESDAY

WARM UP

30 seconds each

- Jog In Place
- Standing Side Crunches
- Scissor Skier
- Inch Worm

MAIN SET

- 20 Lying Hip Abduction (Left And Right)
- 20 Glute Bridge Single Leg (Left And Right)
- 20 Elbow To Knee Crunch
- 20 Reverse Crunch
- 20 Cat Camel
- 20 Rolling Side Plank

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Easy Squats
- Leg Swings (Forward Back)
- Side Bends
- Leg Swing (Side To Side)

MAIN SET

- 15 Burpees
- 20 Russian Twists
- 10 Tuck Jumps
- 15 Alternating Lunges
- 20 Squats
- 10 Deadlifts

FRIDAY

WARM UP

30 seconds each

- Jumping Jacks
- Side Lunges
- Wide Squats
- Arm Circles

MAIN SET

- Pick Your Favorite Upper Body Exercise
- 20 Switch Lunges
- Pick Your Favorite Core Exercise
- 20 Dead Rows
- Pick Your Favorite Lower Body Exercise
- 1 Minute 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).

REST 1-2 MINUTES IN BETWEEN SETS.

YMCA OF SAN FRANCISCO

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THEME: TRIATHLON

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- UPWARD FACING DOG
- QUAD STRETCH
- GLUTE STRETCH
- IT BAND STRETCH
- NERVE STRETCH