

WORKOUT OF THE WEEK



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

THEME: VOLLEYBALL

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- High Knee Lateral Runs
- Wide Squats
- Knee Hugs
- Lateral Lunges

MAIN SET

- 20 High Knee Skips
- 15 Reverse Curls
- 15 Pushups
- 20 Russian Twists
- 25 Mountain Climbers
- 10 Second V-sit Hold

TUESDAY

WARM UP

30 seconds each

- Lunges
- Squat
- Jumping Jacks
- Hip Circle

MAIN SET

- 20 Sec. Plank
- 20 Sec. Side Plank (Alternate Sides)
- Plank To Dolphin
- 20 Mountain Climbers
- 10 Supine Bridge Windmills
- 20 Bicycle Crunch

WEDNESDAY

WARM UP

30 seconds each

- Jogging In Place
- Side Lunges
- Hip Rotations
- Arm Extensions

MAIN SET

- 20 Squats
- 20 Russian Twists
- 20 Oblique Crunches
- 15 Side Planks With Hip Drop (Alternate Sides)
- 20 Lying Leg Thrusts
- 20 Sec. Superman
- 15 Ab Rollers

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Air Jump Rope
- Butt Kicks
- Inchworms
- Hip Openers

MAIN SET

- 10 Burpees
- 20 Ski Jumps
- 10 Hip Rotations (Push-up Position)
- 20 Split Squat Jumps
- 10 Glute Bridges
- 20 Side-lunges
- 10 Downward-facing Dogs

FRIDAY

WARM UP

30 seconds each

- Jog In Place
- Arm Circles
- Chest Extensions
- Torso Extension

MAIN SET

- 20 Mountain Climbers
- Your Favorite Core Exercise
- 20 Reverse Leg Lunges With Leg Lifts
- Your Favorite Leg Exercise
- 15 Push Ups
- 20 Forearm Plank Reach Outs
- Your Favorite Upper Arm Exercise
- Your Favorite Exercise

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: VOLLEYBALL

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- ROTATING WRIST AND FOREARM STRETCH
- UPPER LOWER BACK STRETCH
- TUCKED BODY ROLL
- STANDING FORWARD BEND
- SHOULDER STRETCH