

# WORKOUT OF THE WEEK



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

## THEME: BASEBALL/SOFTBALL

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### MONDAY

#### WARM UP

30 seconds each

- Walking Forward Lunge
- Jog In Place
- Slow High Knees To Chest
- Inchworms

#### MAIN SET

- 10 Glute Bridge Holds (Option Extend 1 Leg)
- 1-minute Plank
- 10 V-sits
- 25 Mountain Climber
- 25 Bicycle Crunches
- 15 Rotating Planks

### TUESDAY

#### WARM UP

30 seconds each

- Side Bends
- Arm Rotations
- Shoulder Shrugs
- Jumping Jacks

#### MAIN SET

- 20 Side Raises With Rotation
- 10 Rotator Raises
- 15 Overhead Extensions
- 20 Bentover Flys
- 15 Pushups
- 20 Chest Presses

### 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.

# WORKOUT OF THE WEEK



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

## THEME: BASEBALL/SOFTBALL

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### THURSDAY

#### WARM UP

30 seconds each

- Bear Crawls
- Jump Rope In Place
- Chest-to-knee Walks
- Butt Kicks

#### MAIN SET

- 10 Forward Lunges
- 1-minute Plank
- 10 Backwards Lunges
- 10 Plank Rotations (5 Per Side)
- 20 Lateral Lunges (10 Per Side)
- 10 Burpees
- 10 Glute Bridges

### FRIDAY

#### WARM UP

30 seconds each

- Jog In Place
- High Knees
- Burpees
- Your Choice Warm Up

#### MAIN SET

- 10 V-sits
- Your Choice Core Exercise
- 20 Side-raises With Rotation
- Your Choice Upper Body Exercise
- 1-minute Plank
- Your Choice Core Exercise
- 20 Lateral Lunges (10 Per Side)
- Your Choice Leg 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

# WORKOUT OF THE WEEK



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

---

**THEME: BASEBALL/SOFTBALL**

## **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**