

WORKOUT OF THE WEEK



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

THEME: DIVING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jacks
- Torso Twist
- High Knees
- Butt Kicks

MAIN SET

- 30 Alternating Oblique Twists
- 30 Second Plank
- 15 V-sits
- 30 Mountain Climbers
- 30 Russian Twists
- 45 Second Plank

TUESDAY

WARM UP

30 seconds each

- Halfjacks
- Arm Circles
- Jogging-shuffle
- Chest Extensions

MAIN SET

- 20 Tricep Dips
- 20 Jabs
- 20 Shoulder Taps
- 20 Renegade Pushups
- 20 Overhead Presses
- 20 Inch Worms

WEDNESDAY

WARM UP

30 seconds each

- Arm Circles
- Inchworms
- Shoulder Rolls
- Jump Rope
(Or Air Jump Rope)

MAIN SET

- 20 Overhead Presses
- 20 Bicep Curls
- 20 Bent Over Rows
- 15 Rotator Raises
- 15 Tricep Kickbacks
- 20 Push Ups

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jumping Jacks
- High Knees
- Running In Place
- Rear Kicks

MAIN SET

- 10 Pushups
- 20 Mountain Climbers
- 20 Front Lunges
- 15 Squats
- 20 Reverse Lunges
- 15 Jump Squats
- 20 Side-to-side Lunges
- 20 Glute Bridges

FRIDAY

WARM UP

30 seconds each

- Air Jump Rope In Place
- Grapevines
- Inchworms
- Burpees

MAIN SET

- 20 Triceps Dips
- Your Choice Upper Body Exercise
- 20 Plank Rotations
- Your Choice Core Exercise
- 20 Mountain Climbers
- Your Choice Leg Exercise
- 20 Burpees
- Your Choice 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: DIVING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **QUADRICEPS STRETCH**
- **HAMSTRING STRETCH**
- **HIP FLEXOR STRETCH**
- **BUTTERFLY STRETCH**
- **SHOULDER STRETCH**