

WORKOUT OF THE WEEK



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

THEME: ROWING

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

- Jog In Place
- Jumping Jacks
- Crunches
- Hip Circles

MAIN SET

- 20 Lateral Leg Rises
- 20 Hip Rises
- 20 Jack-knives
- 20 Leg Criss Crosses
- 3-20 Seconds Side Plank
- 3-20 Second Superman
- 20 Push Ups

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Torso Twists
- Hip Circles
- Small Arm Circles
- Large Arm Circles

MAIN SET

- 10 Bird Dog Stretches
- 10 Front Lunges
- 20 Wide Squats
- 10 Reverse Lunges
- 1 Minute Plank
(Or 10 Planks W/ Leg Raise)
- 10 Jump Squats
- 20 Glute Bridges

FRIDAY

WARM UP

30 seconds each

- Hinge And Reach
- Cat-cow Pose
- Floor Angels
- Jog In Place

MAIN SET

- 20 Pushups
- Your Choice Upper Body Exercise
- 10 Burpees
- Your Choice Core Exercise
- 20 Split Squats
- Your Choice Leg Exercise
- 10 Bird Dog Exercises
- Your Choice Any 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: ROWING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **QUAD STRETCH**
- **DOWNWARD DOG**
- **GLUTE STRECH**
- **TRICEP STRETCHES**