

# WORKOUT OF THE WEEK



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

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## THEME: GYMNASTICS

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### MONDAY

#### WARM UP

30 seconds each

- Side Bends
- Run In Place
- Torso Twists
- High Knees

#### MAIN SET

- 20 Russian Twists
- 20 Plank Jacks
- 20 Glute Bridges
- 15 Second Superman Hold
- 30 Alternating Oblique Twists
- 20-20-20 Plank

### TUESDAY

#### WARM UP

30 seconds each

- Arm Circles
- Walking Inchworm
- Jumping Jacks
- Shoulder Shrugs

#### MAIN SET

- 20 Pushups
- 15 Dips
- 20 Overhead Presses
- 30 Mountain Climbers
- 20 Arm Circles Forward/back
- 1 Min Plank

### WEDNESDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Hip Circles
- Arm Circles
- Inch Worm

#### MAIN SET

- 25 V-ups
- 25 Bicycle Crunches
- 25 Flutter Kicks
- 15 Second Hollow Hold
- 10 Supermans
- 15 Bridges

REST 1-2 MINUTES IN BETWEEN SETS.

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### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### THURSDAY

#### WARM UP

30 seconds each

- Jog In Place
- Mountain Climbers
- Jump Rope In Place
- Inchworms

#### MAIN SET

- 20 Calf Raises
- 20 Squats
- 10 Burpees
- Hollow Body Hold Progressions
- 20 Donkey Kicks (10 Per Legs)
- 10 Single Leg Hip Bridges

### FRIDAY

#### WARM UP

30 seconds each

- Side Shuffles
- Shoulder Rolls
- High Knee Jog
- Hip Circles

#### MAIN SET

- 20 Side Planks With Extended Arms
- Your Choice Upper Body Exercise
- 20 Bird Dog Crunch
- Your Choice Core Exercise
- 20 Reverse Lunge
- 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

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## THEME: GYMNASTICS

# DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **INVERTED HAMSTRING STRETCH**
- **UPPER/LOWER BACK STRETCH**
- **UPWARD/DOWNWARD DOG TRANSITION**
- **CAT-COW STRETCH**
- **SEATED BUTTERFLY STRETCH**