

WORKOUT OF THE WEEK



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

THEME: WATER POLO

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jacks
- Slow Wide Squats
- High Knee Jog
- Alternating Back Lunges

MAIN SET

- 15 Inchworms
- 20 Hip Bridges
- 20 Russian Twists
- 10 Second Hollow Hold x 3
- 20 Plank Dips
- 10 Second Superman Hold x 3

TUESDAY

WARM UP

30 seconds each

- Arm Rotations Forward/back
- Shoulder Shrugs
- Easy Jog
- Jumping Jacks

MAIN SET

- 15 Shoulder Presses
- 20 Chest Presses
- 20 Tricep Kickback
- 20 Sharks
- 20 Front Raise To Side Raise
- 20 Dead Rows

WEDNESDAY

WARM UP

30 seconds each

- Side Lunges
- High Knee
- Reverse Lunge With Rotation Reach
- Side Shuffles

MAIN SET

- 20 Plank Shoulder Taps
- 30 Dead Bug
- 20 High Boat To Low Boat
- 30 Leg Raises
- 30 Side Plank, Rotate
- 15 Second Superman Raise
- 25 Mountain Climbers

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jog In Place
- Burpees
- Rear Kicks
- Grapevines

MAIN SET

- 10 Wide Squats
- 10 Pushups
- 20 Front Lunges
- 20 Side Lunges
- 20 Back Lunges
- 20 Squat Jumps
- 1-minute Plank
- 20 Glute Bridges

FRIDAY

WARM UP

30 seconds each

- Jumping jacks
- Arm Rotations
- Jog In Place
- High Knee Kicks

MAIN SET

- 15 Chest Presses
- Your Choice Upper Body Exercise
- 20 Russian Twists
- Your Choice Core Exercise
- 20 Squat Jumps
- Choice Leg Exercise
- 10 Plank Walks

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: WATER POLO

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **SHOULDER STRETCH**
- **CHEST STRETCH**
- **QUAD STRETCH**
- **STANDING ROLLDOWN STRETCH**
- **BUTTERFLY STRETCH**