

WORKOUT OF THE WEEK



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

THEME: WRESTLING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jack
- Walking Lunges
- Wide Squats
- Inchworm

MAIN SET

- 30 Side Plank With Leg Raises (15 Both Sides)
- 20 Lying Leg Raises
- 20 Bicycle Kicks
- 20 Inch Warm Push Ups
- 20 Lateral Plank Walk
- 30 Bird Dog Crunch
- 20 Plank With Spinal Rotation (10 Both Sides)

TUESDAY

WARM UP

30 seconds each

- Jumping Jacks
- Shoulder Shrugs Forward And Back
- Large Arm Circles
- Inchworms

MAIN SET

- 15 Burpees
- 20 Reverse Flies
- 20 Push Ups
- 20 Overhead Extension
- 20 Overhead Presses
- 20 Chest Presses

WEDNESDAY

WARM UP

30 seconds each

- Jumping Jacks
- Side Lunges
- Cross Jacks
- High Knees

MAIN SET

- 20 Mountain Climbers
- 20 Squats
- 20 Sliding Push Ups
- 5-30 Second Side Bridges
- 20 Body Saws
- 30 Second Plank
- 20 Push Ups

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jump Rope In Place
- Mountain Climbers
- Calf Raises
- Alligator Crawl

MAIN SET

- 20 Jump Squats
- 1-minute Plank
- 20 Skater Squats
- 20 Bird Dogs
- 20 Glute Bridges
- 10 Single Leg Burpees (5 Per Side)
- 20 Front Lunges

FRIDAY

WARM UP

30 seconds each

- Jogging In Place With High Knees
- Arm Circles (Both Directions)
- Hip Circles (Both Directions)
- Alternating Lunges

MAIN SET

- 20 Squat To Overhead Press
- 20 Russian Twists
- 10- 5 Second Superman Holds
- 20 Alternating Lunges
- 15 Burpees
- 20 Dead Rows

* This Friday workout features a special running workout to prepare for the Chinatown YMCA's Annual CCHP Chinese New Year Run.

REST 1-2 MINUTES IN BETWEEN SETS.

YMCA OF SAN FRANCISCO

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THEME: WRESTLING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- ABDOMINAL TWISTS
- HAMSTRING STRETCHES
- HIP FLEXOR STRETCHES
- HAPPY BABY POSE
- CHILD'S POSE