

WORKOUT OF THE WEEK



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

THEME: RUGBY

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jumping Jacks
- Walking Lunges
- Butt Kicks
- Open Arms Wide And Slap Back

MAIN SET

- 20 Alternating Oblique Twist
- 5 Second Superman Hold x 5
- 20 V-sits
- 5 Second Hollow Hold x 5
- 15 Dead Bugs
- 1 Minute Plank

TUESDAY

WARM UP

30 seconds each

- High Knee Run In Place
- Inchworms
- Arm Circles
- Shoulder Circles

MAIN SET

- 20 Chest Presses
- 20 Overhead Presses
- 20 Bicep Curls
- 20 Dead Rows
- 20 Side Raises
- 15 Rotator Raises

WEDNESDAY

WARM UP

30 seconds each

- Jog With High Knees
- Lunges
- Hip Circles
- Arm Circles

MAIN SET

- 20 Second Bowl Hold
- 30 V-sit Slow Twist
- 40 Seconds Flutter Kick
- 20 Alternating Superman
- 30 Crunch Hold And Rotate
- 30 Hip Bridges

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jog In Place
- Air Jump Rope
- Grape Vines
- Rear Kicks

MAIN SET

- 10 Frontal Squats
- 20 Lunge Twists
- 30 Second Squat Hold
- 20 Burpees
- 10 Reverse Lunges
- 20 Lunges In Place
- 20 Lateral Lunges (10 Per Side)
- 15 Plank In And Outs

FRIDAY

WARM UP

30 seconds each

- Lunges
- Jog In Place
- Toe Rises
- Hip Circles

MAIN SET

- Run: 1 Minute (Speed Walk If Needed)
- Strength: 1 Minute Wide Squats
- Run: 2 Minutes (Speed Walk If Needed)
- Strength: 1 Minute Walking Lunges
- Run: 3 Minutes (Speed Walk If Needed)
- Strength: 1 Minute Donkey Kicks
- Run: 4 Minutes (Speed Walk If Needed)

* 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: RUGBY

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **HAMSTRING STRING STRETCH**
- **QUAD STRETCH**
- **HIP FLEXOR STRETCH**
- **LAT STRETCH**
- **CALF STRETCH**