

WORKOUT OF THE WEEK



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

THEME: SNOWBOARDING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- High Knees
- Torso Twists
- Inchworms
- Backward Alternating Lunge

MAIN SET

- 20 Mountain Climbers
- 10 Second Hallow Hold x 3
- 20 Alternating Crunches
- 10 Second Superman Hold x 3
- 20 Second Side Plank
- 10 V-sits

TUESDAY

WARM UP

30 seconds each

- Run In Place
- Hip Circles
- Wide Arm Circles Forward
- Wide Arm Circles Backward

MAIN SET

- 10 Pushups
- 15 Single Leg Deadlifts
- 10 Burpees
- 5 Rotating Planks
- 10 Tricep Dips
- 30 Second Plank Hold

WEDNESDAY

WARM UP

30 seconds each

- Cross Jacks
- Lunges
- Scissor Skier
- Bend Over Twist

MAIN SET

- 20 Leg Circles
- 20 Single Leg Stands (10 Right, 10 Left)
- 20 Mountain Climbers
- 20 Squat Jumps
- 20 Second Superman
- 20 Wide Squats

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jumping Jacks
- Grapevines
- Butt Kicks
- Skaters

MAIN SET

- 10 Squats
- 10 Lunges
- 10 Jumping Squats
- 10 Switch Lunges
- 15 Deadlifts
- 10 Supermans

FRIDAY

WARM UP

30 seconds each

- High Knees
- Squats With Hip Rotation
- Glute Bridges With Knee Dives
- Lunges

MAIN SET

- Speed Walk For 5 Minutes
- Rest For 1 Minute
- Jog For 5 Minutes
- Rest For 2 Minutes
- Speed Walk For 5 Minutes
- Jog For 5 Minutes
- Walk For 2 Minutes

* 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: SNOWBOARDING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **QUAD STRECH**
- **GLUTE STRETCH**
- **SEATED BUTTERFLY**
- **T HIP ROTATION**
- **SHOULDER STRETCH**