

WORKOUT OF THE WEEK



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

THEME: SNOWSHOEING

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Air Jump Rope
- Inchworms
- Alternating Knees To Elbows
- Wide Squats

MAIN SET

- 20 Alternating Oblique Twists
- 15 Second Reverse Plank X 2
- 20 Russian Twists
- 30 Second Plank
- 10 Ankle Tap Pushups
- 20 Reverse Crunches

TUESDAY

WARM UP

30 seconds each

- Jumping Jacks
- Small Arm Circles Forward/back
- Arm Swings – Overhead And Back To Thighs

MAIN SET

- 20 Second Walking Plank
- 20 Bicep Curls
- 20 Tricep Kickbacks
- 20 Dead Rows
- 20 Push Ups
- 20 Chest Presses
- 10 Pushups

WEDNESDAY

WARM UP

30 seconds each

- Jog in Place
- Lunges
- Squats
- Hip Circles

MAIN SET

- Bear Crawl (5yds Forward, 5 Yds Back)
- 20 Spidermans (10 On Each Side)
- 20 Hip Bridges
- 20 Russian Twists
- 20 Bicycle Crunches
- 20 Plank Jacks
- 20 C-crunches

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jumping Jacks
- Side-shuffle
- High Knees
- Rear Kicks

MAIN SET

- 40 Hops On One Foot (20 Per Side)
- Squat And Hold For 30 Seconds
- 10 Forward Jumps (2 Times)
- 20 Backward Stepping Lunges
- 20 Side Lunges
- 20 Side Leg Raises (10 Per Side)

FRIDAY

WARM UP

30 seconds each

- Skip In Place
- Leg Extensions
- Grapevines
- Side Shuffles

MAIN SET

- 20 Front Lunges
- 20 Superman Poses
- 20 Backward Lunge W/tilt
- 1-minute Plank
- 10 Renegade Pushups
- 10 V-sit Slow Twist
- 20 Fire Hydrants

* 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: SNOWSHOEING

DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **STANDING QUAD STRETCH**
- **STANDING FORWARD BEND**
- **HAMSTRING ROCKER STRETCH**
- **BUTTERFLY STRETCH**
- **DOWNWARD FACING DOG**