

# WORKOUT OF THE WEEK



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

## THEME: CARDIO, LOWER & UPPER

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### MONDAY

#### WARM UP

30 seconds each

- Inchworms
- Alternating Lunges
- Standing Mountain Climbers
- Alternating Cross Jabs

#### MAIN SET

- 20 Supine Toe Taps
- 20 Mountain Climbers
- 20 Vertical Leg Crunches
- 20 Scissor Kicks
- 10 Oblique V-ups
- 30 Second Side Plank With Heel Lift

### TUESDAY

#### WARM UP

30 seconds each

- Mid Squats
- Hip Rotations
- Jumping Jacks
- Side Lunge

#### MAIN SET

- 20 Squats With A Front Kick
- 20 Walking Lunges
- 20 Butt Kicks
- 20 Alternating Lunges
- 20 Leg Swings Forward and Backward
- 30 Second Football Feet

### 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 Sec Superman Raise

REST 1-2 MINUTES IN BETWEEN SETS.

# WORKOUT OF THE WEEK



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

## THEME: CARDIO, LOWER & UPPER

### REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

### THURSDAY

#### WARM UP

30 seconds each

- Jumping Jacks
- Jog In Place
- Frontward Lunges
- Butt Kicks

#### MAIN SET

- 10 Child's Poses
- 20 Plank Rotations (10 Per Side)
- 10 Bird Dogs
- 20 Burpees
- 20 Standing Arm Extensions
- 20 Spider Walks

### FRIDAY

#### WARM UP

30 seconds each

- High Knees
- Your Favorite Warm-up Exercise From This Week!
- Arm Circles
- Wide Squats

#### MAIN SET

- 20 Burpees
- Your Favorite Leg Exercise From This Week!
- Star Jacks
- Your Favorite Core Exercise From This Week!
- 20 Squats With Front Kick
- Your Favorite Shoulder Exercise From This Week!
- 20/20/20 Plank

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

# WORKOUT OF THE WEEK



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

---

**THEME: CARDIO, LOWER & UPPER**

## **DON'T FORGET TO STRETCH!**

Below is a stretch routine to incorporate into your workouts.

- **OVERHEAD TRICEPS STRETCH**
- **SHOULDER STRETCH**
- **SIDE-LYING QUADRICEPS STRETCH**
- **IT BAND STRETCH**