

WORKOUT OF THE WEEK



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

THEME: BICEPS AND QUADS & TRICEPS AND HAMSTRINGS

REPETITION LEVELS:

Warm: 1-3 sets

Hot: 5 sets

Sizzling: 7 sets

MONDAY

WARM UP

30 seconds each

- Jabs
- Jumping Jacks
- Alternating High Knees
- Jog In Place

MAIN SET

- 20 Mountain Climber
- 20 C Crunches
- 20 Plank Rolls (Hip Dips)
- 20 Single Leg Circles
- 10 Star Abs
- 20 Second Lateral Plank Walk

TUESDAY

WARM UP

30 seconds each

- Slow Mid Squats
- Butt Kicks
- Arm Circles
- 3- 10 Second Sprints In Place

MAIN SET

- 20 Mid Squat Pulses
- 20 Bicep Hammer Curls
- 20 Plank Jump Ins
- 20 Squats With Front Kick
- 20 Sharks
- 20 Second Squat Sit

WEDNESDAY

WARM UP

30 seconds each

- Jumping Jacks
- Side Lunges
- High Knee Jogging
- Shuffle

MAIN SET

- 20 Reverse Planks
- 20 Butterfly Sit Ups
- 20 Jack Knife
- 20 Side Bend (Both Sides)
- 15 Second C Curve
- 20 Side Plank

REST 1-2 MINUTES IN BETWEEN SETS.

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THURSDAY

WARM UP

30 seconds each

- Jog In Place
- Lunge With Cactus Arms
- Butt Kicks
- Mountain Climbers

MAIN SET

- 20 Tricep Kickbacks
- 10 Modified Hurdler Stretch
- 15 Tricep Push-ups
- 20 Walking Lunges (10 Per Side)
- 10 Spider Walks 10 Inverted Flyers

FRIDAY

WARM UP

30 seconds each

- 20 Wide Squats
- Your Favorite Warm-up Exercise From This Week!
- 20 Jumping Jacks
- 5 Inchworms

MAIN SET

- 10 V Ups
- Your Favorite Leg Exercise From This Week!
- 20 Burpees
- Your Favorite Core Exercise From This Week!
- 2- 30 Sec Planks or 3- 20 Sec Planks
- Your Favorite Shoulder Exercise From This Week!

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

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DON'T FORGET TO STRETCH!

Below is a stretch routine to incorporate into your workouts.

- **SHOULDER ROLLS**
- **SLOW ARM CIRCLES FORWARD AND BACK**
- **CHILD'S POSE**
- **DOWNWARD FACING DOG**
- **SEATED FIGURE 4**
- **SEATED STRADDLE**