November 16, 2020

Koret Health and Recreation Center
San Francisco, CA | 94117 US
2130 Fulton St
University of San Francisco

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The California Academy of Sciences is now open!
Visit us at our new location at the California Academy of Sciences in Golden Gate Park.

Dryland Workouts

**Get an active rest that will always be an ab exercise.** Each circuit has 2 exercises so try to power through each one and then you can use this time to prepare your legs for the next circuit of exercises.

On the active rests, try to maintain a stable breath and use this time to prepare yourself for the next circuit of exercises. All the exercises today are on a timed interval so try to get as many reps as possible (AMRAP) for each exercise.

Here are your tips for HIIT workouts:

- **Stay focused and motivated.** Give yourself motivation and encouragement throughout the workout.
- **Keep track of your form.** Maintain proper form throughout the workout.
- **Stay hydrated.** Drink water before, during, and after your workout.
- **Stay consistent.** Keep up your intensity throughout the workout.

**Workout details:** Complete 1-3 sets with 3 min rest.

**1. Full Body Circuit**

- 1. Squat Jacks (30 secs)
- 2. 1-Legged Hip Thrusts (1 min per leg)
- 3. Burpees (1 min)
- 4. Pulse Press-Ups (30 secs)
- 5. Shoulder + Toe Taps (1 min)

**2. Upper Body Circuit**

- 1. Push-Ups (1 min)
- 2. Squat Kicks (1 min)
- 3. 1 min. Twisties (active rest)
- 4. Rainbows (active rest time)

**3. Leg Circuit**

- 1. 1 min. Push-Ups (active rest)
- 2. 1 min. Squat Kicks (active rest)
- 3. 1 min. Burpees (active rest)
- 4. 1 min. Pulse Press-Ups (active rest)
- 5. 1 min. Shoulder + Toe Taps (active rest)

**4. Core Circuit**

- 1. 1 min. Push-Ups (active rest)
- 2. 1 min. Squat Kicks (active rest)
- 3. 1 min. Burpees (active rest)
- 4. 1 min. Pulse Press-Ups (active rest)
- 5. 1 min. Shoulder + Toe Taps (active rest)

**Riddles of the Week**

_Finish the following sentence by filling in the blanks:__

- She was the first female runner to___.
- He made history when he___.
- She became famous for her skill in___.
- He won the gold medal for his performance in___.
- They set a world record in___.

_Finish the following riddles by filling in the blanks:__

- Why didn't the turkey finish his dessert? Answer: Because it was stuffed.
- Why did the bear go fishing? Answer: He was hungry.
- What do you call a fox that can detect the presence of food? Answer: A nose for food.
- Why did the chicken cross the road? Answer: To get to the other side.
- What is a bird that is known for its ability to think? Answer: A smarto.

_Send us your answers in this form by emailing usfaquatics@gmail.com. We would love to see your smiling faces as well! You can send a picture in by emailing usfaquatics@gmail.com. Reminder: If you would like to be featured in our newsletter or nominate a friend, fill out this form. Your names will be entered in the drawing for a prize at the end of the month.

Anna C. for correctly answering our riddles!

Congratulations to Emily Y., Samantha Y., and Anna C. for correctly answering our riddles!

“Anything is possible. Anything can be.” -Shel Silverstein

Spend the day exploring our new exhibit, Venom!

DIY leaf craft! You can use these to decorate or get in the fall spirit!

Start your breakfast right with some turkey shaped pancakes!

Follow this tutorial for a DIY hand turkey! All you need are paper, a hand to outline, and colored pencils!

“We got this!!”

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