

Dryland Body Weight Workout 5/12/20

Dynamic Warm up

30 minutes of cardio: run, bike, skate, elliptical, stepper, etc...

Workout live with the team on Zoom at 3pm!

Today's Challenge

| Exercise | Reps | HOW MANY ROUNDS |
|---------------|------------------|---|
| Bridge | 30 seconds | Do 6 rounds as fast as you can for time – new round starts every 3 minutes. |
| Squats | 20 | |
| Crunches | 20 | |
| Lunges | 20 (10 each leg) | |
| Jumping Jacks | 20 | |

Lifting 5/12/20

13&Over – heavy day

| EXERCISE | HOW MANY REPS | HOW MANY ROUNDS |
|-----------------------------|-------------------|-----------------|
| Deadlift – bar or dumbbell | 6-4-3-2-1-AMRAP | 6 |
| Lizard Crawl | Travel 50 feet | 4 |
| Reverse Lunge – with weight | 10 (5 each leg) | 6 |
| Superman | 60 seconds | 4 |
| Shoulder Press | 6-4-3-2-1-AMRAP | 6 |
| Dumbbell Raise I-Y-T | 5 (each position) | 4 |
| Upright Row | 6-4-3-2-1-AMRAP | 6 |
| Standard Bench | 6-4-3-2-1-AMPRA | 6 |
| V-up | 8 | 4 |
| Shoulder Taps | 15 to each side | 4 |