

Dryland Body Weight Workout 3/16/20

Start with 20-30 minutes of cardio: run, bike, skate, elliptical, stepper, etc...

12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat	6	4
Bear Crawl	Travel 15-20 feet	4
Standing Lunge	12 (6 each leg)	4
Flutter Kicks	20 seconds	4
Push Ups	6	4
Dips	6	4
Planks	20 seconds	4

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat	6	5
Bear Crawl	Travel 30 feet	5
Standing Lunge	16 (8 each leg)	4
Flutter Kicks	30 seconds	4
Push Ups	10	5
Dips	10	5
Planks	30 seconds	4

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13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat – Goblet or Bar	8 – 6 – 6 – 4 – 4 – 4	6 with varying reps
Bear Crawl	Travel 30 feet	5
Standing Lunge – with weight	16 (8 each leg)	4
Flutter Kicks	30 seconds	4
Incline Bench	6	4
Row (choose style)	6	4
Planks	30 seconds	4