

Dryland Body Weight Workout 5/4/20

All Groups:

Dynamic Warm Up

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

Join us on zoom at 3pm to do this workout live with the team!

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Plank	30 seconds	Do 8 rounds on an interval of 2:30.
Push-ups	10	
Burpees	10	
Sit-ups	10	
Air Squats	10	
Lunges	20 (10 each leg)	

Weight Workout 5/4/20 for 13&over after doing the timed challenge above – Aerobic lifting this week

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat – Goblet or Bar	15	3
Incline Bench	15	3
Kneeling db/kb press	30(15 each arm)	3
Calf Raise	15	3
Single Leg RDLs	24 (12 each leg)	3
Dips	15	3
Row (choose style)	15	3
Shoulder taps	15 each side	3
Bird Dogs	15 each side	3
Planks	60 seconds	3