

Dryland Body Weight Workout 4/1/20

All Groups:

Dynamic Warm up

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

****REVIEW THE VIDEO ON PROPER JUMPING TECHNIQUE IF YOU STRUGGLE****

12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Box Jumps	8	5
Power Skips	Get outside – travel 50+ feet	5
Pistol Squat	16 (8 each leg)	5
Flutter Kicks	40 seconds	5
Squat Jump	8	5
Clock lunges	4 times around clock (15-30-45-0)	5
Plank	45 seconds	5

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Box Jumps	10	5
Power Skips	Get outside – travel 50+ feet	5
Pistol Squat	20 (10 each leg)	5
Flutter Kicks	30 seconds + 15 second hold	5
Squat Jump	10	5
Clock lunges	6 times around clock (15-30-45-0)	5
Lunge Jumps	20 (10 each side)	5
Duke Plyo Series	Watch and follow video	3
Plank	60 seconds	5

Weight Workout 4/1/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	10	5
Glute Bridge	10x5 second hold	5
Standard Bench	6 – heavy	5
Bicep Curl	10	5
Tricep Kickback	10	5
Do Jumping set above	All 13&Over Bodyweight	2 rounds
Plank	To failure	-