

## Dryland Body Weight Workout 5/7/20

Dynamic Warm Up

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

*Join us LIVE at 3pm on Zoom to do the workout with the team!*

Today's Challenge – **"The Braden"**

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Squats	5-10-20-10-5	Do 5 rounds of the exercises as fast as you can in a pyramid: Round 1: 5 reps Round 2: 10 reps Round 3: 20 reps Round 4: 10 reps Round 5: 5 reps
Sit Ups	5-10-20-10-5	
Push-Ups	5-10-20-10-5	
Burpees	5-10-20-10-5	
Lunge Jumps	5-10-20-10-5	

## Weight Workout 5/7/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squats (goblet or bar)	8-6-4-2-1-AMRAP	6
Bulgarian Split Squats	16 (8 each leg)	4
Incline Bench	8-6-4-2-1-AMRAP	6
Reverse Push Up/Pull Up	8 or AMRAP	4
Shoulder Press	8-6-4-2-1-AMRAP	6
Dumbbell IYT	6 (each position)	4
Single Arm Row	8 (each arm) - heavy	4
Plank	45 seconds	4
Hollow Body Hold	30 seconds	4