

Dryland Body Weight Workout 4/22/20

Dynamic Warm up

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

You are doing **AS MANY ROUNDS AS YOU CAN** of the challenge below **IN 10 MINUTES**:

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Air Squats	10	Do as many rounds as you can in 10 minutes.
Alternating Lunges	20 (10 each leg)	
Lunge Jumps	20	
Squat Jumps	10	
Jumping Jacks	10	

Weight Workout 4/22/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	8	4
Glute Bridge	10x5 second hold	4
Dead Lift (any form is okay)	8	4
Standard Bench	8	4
Bicep Curl	8	4
Tricep Kickback	8	4
V-ups	15	4
Plank	To failure	-
DO AT LEAST 3 ROUNDS OF THE	JUMPING EXERCISES ABOVE.	