

Dryland Body Weight Workout 5/14/20

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

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Step Ups	10	Do 5x2 rounds on 2:00.
Dips	10	
Push-Ups	10	
Burpees	10	
Leg Lifts	10	

Weight Workout 5/14/20

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
Single Arm Row	8 (each arm) - heavy	4
Plank	45 seconds	4
Hollow Body Hold	30 seconds	4