

## Dryland Body Weight Workout 5/20/20

Dynamic Warm up

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

Join us at 3pm on Zoom for a group workout!

Today's Challenge – Crawl Series

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Mountain Climbers	30 seconds	
Bear crawl	30 feet	
Lizard crawl	30 feet	
Crab	30 feet	
Sideways Plank crawl	15 feet each way	

## Weight Workout 5/20/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Glute Bridge	10x5 second hold	4
Dead Lift (any form is okay)	6-4-3-2-1-AMRAP	6
Standard Bench	6-4-3-2-1-AMRAP	6
Bicep Curl	8	4
Tricep Kickback	8	4
V-ups	15	4
Plank	To failure	-
DO AT LEAST 2 ROUNDS OF THE	CRAWLING EXERCISES ABOVE.	