

## Dryland Body Weight Workout 6/4/20

Dynamic Warm up

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

Workout live with the team on Zoom at 3pm!

Today's Challenge – Jumping & Legs

Exercise	Reps	HOW MANY ROUNDS
Squat Jumps	10	Do 5 rounds.
Reverse Lunges	10 each leg	
Triple Jumps	3	
Forward Lunges	10 each leg	
Long Jumps	10	
Lunge Jumps	10 each side	

## Lifting 6/4/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Deadlift – bar or dumbbell	8	4
Lizard Crawl	Travel 50 feet	4
Reverse Lunge – with weight	16 (8 each leg)	4
Superman	30 seconds	4
Shoulder Press	8	4
Dumbbell Raise I-Y-T	8 (each position)	4
Upright Row	8	4
Standard Bench	8	4
V-up	15	4
Shoulder Taps	15 to each side	4