

Dryland Body Weight Workout 4/9/20

Dynamic Warm Up

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

Everybody does the Body Weight Portion and records their efforts here by entering your name and the number of rounds: https://docs.google.com/spreadsheets/d/1_mrJhFUUei1D0wxwcv-bECp6fGxRKNRnRpDv7r7nwXY/edit?usp=sharing

Start with 10/20 Push-Ups then go right to 20 lunges then right to 10/20 dips then 20 V-ups then start over. Do as many rounds as you can in 15 minutes.

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Push-Ups	20 (12&U do 10)	Do as many rounds of the exercises as you can in order in 20 minutes.
Lunges	20	
Dips	20 (12&U do 10)	
V-Ups	20	

Weight Workout 4/9/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squats (goblet or bar)	5	5
Bulgarian Split Squats	12 (6 each leg) – heavy	5
Incline Bench	5	5
Shoulder Press	6	5
Dumbbell Raise	6 (each arm)	5
Single Arm Row	6 (each arm)	5
Plank	45 seconds	5
Hollow Body Hold	30 seconds	5