

Dryland Body Weight Workout 3/30/20

All Groups:

Dynamic Warm Up

Start with 20-30 minutes of cardio: run, bike, skate, elliptical, stepper, etc...

No weights - Go through the exercises in order and end each round with jump rope or jumping jacks

12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat	10	4
Bear Crawl	Travel 30 feet	4
Standing Lunge	20 (10 each leg)	4
Flutter Kicks	45 seconds	4
Calf Raise	10	4
Push Ups	10	4
Dips	10	4
Planks	45 seconds	4
Shoulder taps in plank	10 each arm	4
Jump Rope or Jumping Jacks	45 seconds between rounds	4

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat	10	5
Bear Crawl	Travel 40 feet	5
Standing Lunge	20 (10 each leg)	5
Flutter Kicks	45 seconds	5
Calf Raise	10	5
Push Ups	10	5
Dips	10	5
Planks	45 seconds	5
Shoulder taps in plank	10 each arm	5
Bird Dogs	10 each side	5
Jump Rope or Jumping Jacks	60 seconds between rounds	5

Weight Workout 3/30/20 for 13&over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat – Goblet or Bar	6 – heavy	4
Bear Crawl	Travel 30 feet	4
Standing Lunge – with weight	20 (10 each leg)	4
Flutter Kicks	45 seconds	4
Calf Raise	10	4
Push ups	12	4
Incline Bench	6 – heavy	4
Dips	12	4
Row (choose style)	6 – heavy	4
Shoulder taps	10 each side	4
Bird Dogs	10 each side	4
Planks	60 seconds	4