

Dryland Body Weight Workouts 6/11/20

Dynamic Warm Up

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

Join us LIVE at 3pm to workout with your team and coaches on Zoom!

Today's Challenge – Leg Circuit

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Step Ups	12 (on each leg)	Do 6 rounds as fast as you can with a new round starting every 2 minutes.
Squats	12	
Lunges	12 (on each leg)	
Jump Squats	6	

Weight Workout 6/11/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	8	4
Standard Bench	8	4
Bicep Curl	8	4
Tricep Kickback	8	4
Reverse Lunge	16 (8 each leg)	4
Calf Raises	8	4
Squat Jumps	8	4
Duke Plyo Series	Watch and follow video	2
Plank	60 sec: 20 normal/20 each side	3