

Dryland Body Weight Workouts 4/3/20

All Groups:

Dynamic Warm up

25-30 minutes of cardio: run, bike, skate, elliptical, stepper, etc...

Follow with 10xshort sprints (40 yards or so)

12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Glute Bridge	8 + hold 5 seconds	4
Lizard Crawl	Get outside – travel 50+ feet	4
Reverse Lunge	20 (10 each leg)	4
Calf Raises	10	4
Squat Jumps	10	4
Lunge Jumps	6 times around clock (15-30-45-0)	4
Plank	60 seconds	4
Jump Rope or Jumping Jacks	60 seconds	4

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Glute Bridge	10 – hold 5 seconds	4
Lizard Crawl	Get outside – travel 50+ feet	4
Reverse Lunge	20 (10 each leg)	4
Calf Raises	10	4
Squat Jumps	10	4
Lunge Jumps	6 times around clock (15-30-45-0)	4
Plank	60 seconds	4
Duke Plyo Series	Watch and follow video	4

Weight Workouts 4/3/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	6 - heavy	4
Glute Bridge	10x5 second hold with weight	4
Standard Bench	6 – 6 – 4 – 2 Heavier each round	4
Bicep Curl	10	4
Tricep Kickback	10	4
Reverse Lunge	20 (10 each leg)	4
Calf Raises	10	4
Squat Jumps	10	4
Duke Plyo Series	Watch and follow video	4
Plank	To failure	3