

Dryland Body Weight Workout 3/18/20

All Groups:

Dynamic Warm up

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

****WATCH THE VIDEO ON PROPER JUMPING TECHNIQUE****

12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Box Jumps	6	4
Power Skips	Get outside – travel 50+ feet	4
Pistol Squat	12 (6 each leg)	4
Flutter Kicks	20 seconds	4
Squat Jump	6	4
Clock lunges	4 times around clock (15-30-45-0)	4
Plank	30 seconds	4

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Box Jumps	10	4
Power Skips	Get outside – travel 50+ feet	4
Pistol Squat	16 (8 each leg)	4
Flutter Kicks	30 seconds	4
Squat Jump	10	4
Clock lunges	6 times around clock (15-30-45-0)	4
Lunge Jumps	12 (6 each side)	4
Duke Plyo Series	Watch and follow video	3
Plank	30 seconds	4

Weight Workout 3/18/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	8 – 6 – 6 – 4 – 4 – 4	6 with varying reps
Glute Bridge	5x5 second hold	5
Standard Bench	8 – 6 – 6 – 4 – 4 – 4	6 with varying reps
Bicep Curl	8	4
Tricep Kickback	8	4
Do Jumping set above	-	-
Plank	To failure	-