

Dryland Body Weight Workout 6/15/20

Dynamic Warm Up

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

Join us LIVE at 3pm on Zoom to do the workout with the team!

Today's Challenge – Body Weight core

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Squats	10	Start a new round every minute on the minute for 15 rounds.
Burpees with a push up	5	
Mountain climbers	10 each leg	
Plank shoulder taps	10 each arm	

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13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squats (goblet or bar)	12	4
Bulgarian Split Squats	24 (12 each leg)	4
Incline Bench	12	4
Reverse Push Up/Pull Up	8 or AMRAP	4
Single Arm Row	12	4
Plank	60 seconds	4
Hollow Body Hold	30 seconds	4