

Dryland Body Weight Workout 4/6/20

All Groups:

Dynamic Warm Up

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

Everybody does the Body Weight Portion and records their efforts here by entering your name and the number of rounds: https://docs.google.com/spreadsheets/d/1_mrJhFUUei1D0wxwcv-bECp6fGxRKNRnRpDv7r7nwXY/edit?usp=sharing

Start with 5 burpees then go right to 10 push-ups then right to 15 air squats then 20 feet of bear crawl then start over. Do as many rounds as you can in 15 minutes.

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Burpees	5	Do as many rounds of the exercises as you can in order in 15 minutes.
Push-Ups	10	
Air Squats	15	
Bear Crawl	20 Feet	

Weight Workout 4/6/20 for 13&over after doing the timed challenge above

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat – Goblet or Bar	8 – 6 – 5 – 5 – 5+	5
Kneeling db/kb press	16 (8 each arm)	5
Standard Lunges	16 (8 each leg)	5
Calf Raise	8	5
Incline Bench	8 – 6 – 5 – 5 – 5+	5
Dips	8	5
Row (choose style)	5	5
Shoulder taps	10 each side	3
Bird Dogs	10 each side	3
Planks	60 seconds	3