

Dryland Body Weight Workout 4/2/20

All Groups:

Dynamic Warm up

Cardio: 10 min warm up/5x1 min high intensity + 1 min recovery/10 min warm down = 30 min total

12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squats	10	4
Lunges	20 (10 each leg)	4
Bear Crawl	Travel 45 feet	4
Superman	45 seconds	4
Push Ups	As many as possible	4
Dips	10	4
V-ups	10	4
Hollow Body Hold	20 seconds	4

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squats	10	4
Lunges	20 (10 each leg)	4
Bear Crawl	Travel 50 feet	4
Superman	45 seconds	4
Push Ups	As many as possible	4
Dips	10	4
V-ups	10	4
Calf Raise	20 (10 each leg)	4
Hollow Body Hold	30 seconds	4
Plank	60 seconds	4

Weight Workout 4/2/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squats (goblet or bar)	6 - heavy	4
Bulgarian Split Squats	16 (8 each leg) – heavy	4
Incline Bench	6 – heavy	4
Shoulder Press	8	4
Dumbbell Raise	8 (each arm)	4
Single Arm Row	8 (each arm) - heavy	4
Plank	60 seconds	4
Hollow Body Hold	30 seconds	4
V-ups	15	4