

Dryland Body Weight Workout 5/11/20

All Groups:

Dynamic Warm Up

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

Join us on zoom at 3pm to do this workout live with the team!

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Plank	30 seconds	Do 6 rounds on an interval of 3 minutes.
Push-ups	10	
Burpees	10	
Sit Ups	10	
Air Squats	10	
Shoulder taps	20 (10 each side)	

Weight Workout 5/11/20 for 13&over after doing the timed challenge above

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat – Goblet or Bar	8	5
Incline Bench	8	5
Kneeling db/kb press	16(8 each arm)	4
Calf Raise	15	5
Single Leg RDLs	16 (8 each leg)	4
Dips	8	5
Row (choose style)	8	5
Shoulder taps	15 each side	3
Bird Dogs	15 each side	3
Planks	60 seconds	3