

Dryland Body Weight Workouts 5/29/20

Dynamic Warm Up

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

Join us LIVE at 3pm to workout with your team and coaches on Zoom!

Today's Challenge – Leg Circuit

| EXERCISES | HOW MANY REPS | HOW MANY ROUNDS |
|-------------|------------------|---|
| Step Ups | 12 (on each leg) | Do 6 rounds as fast as you can with a new round starting every 2 minutes. |
| Squats | 12 | |
| Lunges | 12 (on each leg) | |
| Jump Squats | 6 | |

Weight Workout 5/29/20

13&Over

| EXERCISE | HOW MANY REPS | HOW MANY ROUNDS |
|------------------|--------------------------------|-----------------|
| Hip Thrust | 8 | 4 |
| Standard Bench | 8 | 4 |
| Bicep Curl | 8 | 4 |
| Tricep Kickback | 8 | 4 |
| Reverse Lunge | 16 (8 each leg) | 4 |
| Calf Raises | 8 | 4 |
| Squat Jumps | 8 | 4 |
| Duke Plyo Series | Watch and follow video | 2 |
| Plank | 60 sec: 20 normal/20 each side | 3 |