

## Dryland Body Weight Workout 4/29/20

Dynamic Warm up

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

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Plank to Squat	10	Do 6 rounds as fast as you can.
Alternating Lunges	20 (10 each leg)	
Lunge Jumps	20 (10 each leg)	
Squat Jumps	10	
Jumping Jacks	10	
Hollow Body rocks	10	

## Weight Workout 4/29/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	8	4
Glute Bridge	10x5 second hold	4
Dead Lift (any form is okay)	8	4
Standard Bench	8	4
Bicep Curl	8	4
Tricep Kickback	8	4
V-ups	15	4
Plank	To failure	-
DO AT LEAST 3 ROUNDS OF THE	JUMPING EXERCISES ABOVE.	