

Dryland Body Weight Workout 4/28/20

Dynamic Warm up

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

Today's Challenge

Exercise	Reps	HOW MANY ROUNDS
Air Squats	10	Do 6 rounds as fast as you can for time.
Triple Jumps	2	
Burpees	10	
Broad Jumps	2	
Push-ups	10	
Triple Jumps	2	
Lunges	10 (each leg)	

Lifting 4/28/20

13&Over – heavy day

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Deadlift – bar or dumbbell	6	4
Lizard Crawl	Travel 50 feet	4
Reverse Lunge – with weight	12 (6 each leg)	4
Superman	60 seconds	4
Shoulder Press	6	4
Dumbbell Raise I-Y-T	6 (each position)	4
Upright Row	6	4
Standard Bench	6	4
V-up	15	3
Shoulder Taps	15 to each side	3