

## Dryland Body Weight Workout 4/14/20

Dynamic Warm up

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

Today's Challenge - 21

Push-ups	Sit-ups	HOW MANY ROUNDS
20	1	Do as fast as you can and record time.
19	2	
18	3	
17	4	
16	5	
15	6	
14	7	
13	8	
12	9	
11	10	
10	11	
9	12	
8	13	
7	14	
6	15	
5	16	
4	17	
3	18	
2	19	
1	20	

## Weight Workout 4/14/20

13&Over – heavy day

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Deadlift – bar or dumbbell	5	5
Lizard Crawl	Travel 50 feet	3
Reverse Lunge – with weight	10 (5 each leg)	4
Superman	60 seconds	3
Shoulder Press	5	5
Dumbbell Raise I-Y-T	5 (each position)	3
Upright Row	5	5
Standard Bench	5	5
V-up	15	3
Shoulder Taps	15 to each side	3