

## Dryland Body Weight Workout 5/13/20

Dynamic Warm up

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

Join us at 3pm on Zoom for a group workout!

### Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Mountain Climbers	30 seconds	Do 6 rounds with a new rounds starting every 2:30 minutes.
Burpees	10	
Lunge Jumps	20 (10 each leg)	
Squat Jumps	10	
Calf Raise	10	

## Weight Workout 5/13/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
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.	