

## Dryland Body Weight Workout 5/21/20

Dynamic Warm Up

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

*Join us LIVE at 3pm on Zoom to do the workout with the team!*

Today's Challenge – Body Weight core

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
V-ups	10	Do 5 rounds total
Dips	10	
Russian Twists	20 (10 each side)	
Push-ups	10	
Leg Lifts	10	
Hollow Body Hold	30 seconds	

## Weight Workout 5/21/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squats (goblet or bar)	12	4
Bulgarian Split Squats	16 (8 each leg)	4
Incline Bench	8	4
Reverse Push Up/Pull Up	8 or AMRAP	4
Single Arm Row	12	4
Plank	45 seconds	4
Hollow Body Hold	30 seconds	4