

## Dryland Body Weight Workout 5/19/20

Dynamic Warm up

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

Workout live with the team on Zoom at 3pm!

Today's Challenge – Jump Series

Exercise	Reps	HOW MANY ROUNDS
Bunny hops	10	Do 5 rounds.
One legged hops	10 each leg	
Triple Jumps	3	
Broad Jumps	10	
Skips	10	
Squat Jumps	10	
Lung Jumps	10 each side	

## Lifting 5/19/20

13&Over – heavy day

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Deadlift – bar or dumbbell	6-4-3-2-1-AMRAP	6
Lizard Crawl	Travel 50 feet	4
Reverse Lunge – with weight	10 (5 each leg)	6
Superman	60 seconds	4
Shoulder Press	6-4-3-2-1-AMRAP	6
Dumbbell Raise I-Y-T	5 (each position)	4
Upright Row	6-4-3-2-1-AMRAP	6
Standard Bench	6-4-3-2-1-AMPRA	6
V-up	8	4
Shoulder Taps	15 to each side	4