

Dryland Body Weight Workouts 3/20/20

All Groups:

Dynamic Warm up

20-30 minutes of cardio: run, bike, skate, elliptical, stepper, etc...

12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Glute Bridge	6	4
Lizard Crawl	Get outside – travel 50+ feet	4
Reverse Lunge	12 (6 each leg)	4
Calf Raises	10	4
Squat Jumps	8	4
Lunge Jumps	4 times around clock (15-30-45-0)	4
Plank	30 seconds	4

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Lunge Jumps	4 times around clock (15-30-45-0)	4
Plank	30 seconds	4
Duke Plyo Series	Watch and follow video	3

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13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	8 – 6 – 6 – 4 – 4 – 4	6 with varying reps
Glute Bridge	5x5 second hold	5
Standard Bench	8 – 6 – 6 – 4 – 4 – 4	6 with varying reps
Bicep Curl	8	4
Tricep Kickback	8	4
Reverse Lunge	16 (8 each leg)	4
Calf Raises	10	4
Squat Jumps	10	4
Duke Plyo Series	Watch and follow video	3
Plank	To failure	2

