

Dryland Body Weight Workout 6/8/20

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 – Crawl Series

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Mountain Climbers	30 seconds	6 rounds
Bear crawl	30 feet	
Lizard crawl	30 feet	
Crab	30 feet	
Sideways Plank crawl	15 feet each way	
Elbow Plank	30 seconds	
Side Plank	20 seconds each side	

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13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Glute Bridge	10x5 second hold	4
Dead Lift (any form is okay)	6	4-6
Standard Bench	6	4-6
Bicep Curl	8	4
Tricep Kickback	8	4
V-ups	15	4
Plank	To failure	-
DO AT LEAST 2 ROUNDS OF THE CRAWLING EXERCISES ABOVE.		