

Dryland Body Weight Workout 5/18/20

All Groups:

Dynamic Warm Up

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

Join us on zoom at 3pm to do this workout live with the team!

Today's Challenge – Planking Series

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Plank	30 seconds	Do 3 rounds total.
Push-ups	10	
Side Plank	30 Seconds	
Burpees	10	
Side Plank	30 Seconds	
Shoulder taps	20 (10 each side)	
Bird Dog	30 Seconds (15 each arm/leg)	

Weight Workout 5/18/20 for 13&over after doing the timed challenge above

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat – Goblet or Bar	15	3
Incline Bench	15	3
Kneeling db/kb press	30(15 each arm)	3
Calf Raise	15	3
Single Leg RDLs	20 (10 each leg)	3
Dips	15	3
Shoulder taps	15 each side	3
Bird Dogs	15 each side	3
Planks	60 seconds	3