

## Dryland Body Weight Workouts 3/27/20

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	8	4
Lizard Crawl	Get outside – travel 50+ feet	4
Reverse Lunge	16 (8 each leg)	4
Calf Raises	10	4
Squat Jumps	10	4
Lunge Jumps	6 times around clock (15-30-45-0)	4
Plank	45 seconds	4
Jump Rope or Jumping Jacks	60 seconds	4

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Glute Bridge	8 – hold 5 seconds	4
Lizard Crawl	Get outside – travel 50+ feet	4
Reverse Lunge	16 (8 each leg)	4
Calf Raises	10	4
Squat Jumps	10	4
Lunge Jumps	6 times around clock (15-30-45-0)	4
Plank	45 seconds	4
Duke Plyo Series	Watch and follow video	3

## Weight Workouts 3/27/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	8	4
Glute Bridge	8x5 second hold	4
Standard Bench	8 (@ 80% max)	4
Bicep Curl	10	4
Tricep Kickback	10	4
Reverse Lunge	20 (10 each leg)	4
Calf Raises	10	4
Squat Jumps	10	4
Duke Plyo Series	Watch and follow video	3
Plank	To failure	2