

## Dryland Body Weight Workout 4/20/20

### 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

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Push-ups	5	Do 5 rounds as fast as you can and record your time.
Burpees	10	
Air Squats	15	
Sit-ups	20	

### Weight Workout 4/20/20 for 13&over after doing the timed challenge above

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat – Goblet or Bar	8-6-5-3-1-AMPAP	6 (varies)
Incline Bench	8-6-5-3-1-AMAP	6 (varies)
Kneeling db/kb press	20 (10 each arm)	3
Calf Raise	10	3
Single Leg RDLs	16 (8 each leg)	3
Dips	10	3
Row (choose style)	10	3
Shoulder taps	10 each side	3
Bird Dogs	10 each side	3
Planks	60 seconds	3