

Dryland Body Weight Workouts 5/8/20

Dynamic Warm Up

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

Join us LIVE at 3pm to workout with your team and coaches on Zoom!

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Side Plank (alt. each round)	30 seconds	Do 6 rounds as fast as you can with a new round starting every 2:30.
Burpees	10	
Walk Out Push Ups	5	
Jumping Jacks	10	
Close hand push ups	5	
Tuck jumps	10	
Wide hand push ups	5	

Weight Workout 5/8/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	8	4
Standard Bench	8	4
Bicep Curl	8	4
Tricep Kickback	8	4
Reverse Lunge	16 (8 each leg)	4
Calf Raises	8	4
Squat Jumps	8	4
Duke Plyo Series	Watch and follow video	2
Plank	60 sec: 20 normal/20 each side	3
Do the Challenge above		