

## Dryland Body Weight Workout 5/5/20 – CINCO DE MAYO!

Dynamic Warm up

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

Workout live with the team on Zoom at 3pm!

Today's Challenge

Exercise	Reps	HOW MANY ROUNDS
Plank	30 seconds	Do 5 rounds as fast as you can for time – new round starts every 5 minutes.
Squats	50	
Crunches	50	
Lunges	50 (25 each leg)	

## Lifting 5/5/20

13&Over – heavy day

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Deadlift – bar or dumbbell	5	5
Lizard Crawl	Travel 50 feet	5
Reverse Lunge – with weight	10 (5 each leg)	5
Superman	60 seconds	5
Shoulder Press	5	5
Dumbbell Raise I-Y-T	5 (each position)	5
Upright Row	5	5
Standard Bench	5	5
V-up	5	5
Shoulder Taps	5 to each side	5