

## Dryland Body Weight Workouts 4/10/20

Dynamic Warm Up

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

Everybody does the Body Weight Portion and records their efforts here by entering your name and the number of rounds: [https://docs.google.com/spreadsheets/d/1\\_mrJhFUUei1D0wxwcv-bECp6fGxRKNRnRpDv7r7nwXY/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1_mrJhFUUei1D0wxwcv-bECp6fGxRKNRnRpDv7r7nwXY/edit?usp=sharing)

Start with 10 Sit-Ups then go right to 10 burpees then start over. Do 10 rounds as fast as you can and record your time.

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Sit-Ups	10	Do 10 rounds as fast as you can.
Burpees	10	

## Weight Workouts 4/10/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	5	5
Glute Bridge	5x5 second hold with weight	5
Standard Bench	5	5
Bicep Curl	8	5
Tricep Kickback	8	5
Reverse Lunge	16 (8 each leg)	5
Calf Raises	8	5
Squat Jumps	8	5
Duke Plyo Series	Watch and follow video	2
Plank	To failure	3
Do the Challenge above		