

## Dryland Body Weight Workout 4/30/20

Dynamic Warm Up

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

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Plank	30 seconds	Every round starts together with a plank.
Push-Ups	10	Do 5 rounds of the exercises as fast as you can.
Step-ups	10	
Dips	10	
Squats	10	

## Weight Workout 4/30/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squats (goblet or bar)	8-6-4-2-1-AMRAP	6
Bulgarian Split Squats	16 (8 each leg)	4
Incline Bench	8-6-4-2-1-AMRAP	6
Reverse Push Up/Pull Up	8 or AMRAP	4
Shoulder Press	8-6-4-2-1-AMRAP	6
Dumbbell IYT	6 (each position)	4
Single Arm Row	8 (each arm) - heavy	4
Plank	45 seconds	4
Hollow Body Hold	30 seconds	4