

Dryland Body Weight Workout 4/21/20

Dynamic Warm up

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

Today's Challenge – Start with 1 rep of each exercise and work up to 10 of each and then back down.

Exercise	Reps	HOW MANY ROUNDS
Burpee	1 to 10 to 1	Do 1 rep of each exercise, then 2 of each, then 3 of each... up to 10 then back down to 1 as fast as you can and record time.
Mountain Climbers	1 to 10 to 1	
Lunges	1 to 10 to 1	

Lifting 4/21/20

13&Over – heavy day

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Deadlift – bar or dumbbell	6	4
Lizard Crawl	Travel 50 feet	4
Reverse Lunge – with weight	12 (6 each leg)	4
Superman	60 seconds	4
Shoulder Press	6	4
Dumbbell Raise I-Y-T	6 (each position)	4
Upright Row	6	4
Standard Bench	6	4
V-up	15	3
Shoulder Taps	15 to each side	3