

## Dryland Body Weight Workout 3/23/20

### All Groups:

Dynamic Warm Up

Start with 20-30 minutes of cardio: run, bike, skate, elliptical, stepper, etc...

*No weights - Go through the exercises in order and end each round with jump rope or jumping jacks*

### 12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat	8	4
Bear Crawl	Travel 25-30 feet	4
Standing Lunge	16 (8 each leg)	4
Flutter Kicks	30 seconds	4
Calf Raise	8	4
Push Ups	8	4
Dips	8	4
Planks	30 seconds	4
Jump Rope or Jumping Jacks	30 seconds between rounds	4

### 13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat	8	5
Bear Crawl	Travel 30 feet	5
Standing Lunge	20 (10 each leg)	5
Flutter Kicks	30 seconds	5
Calf Raise	10	5
Push Ups	10	5
Dips	10	5
Planks	40 seconds	5
Jump Rope or Jumping Jacks	60 seconds between rounds	5

## Weight Workout 3/23/20

### 13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat – Goblet or Bar	10	3
Bear Crawl	Travel 30 feet	5
Standing Lunge – with weight	20 (10 each leg)	3
Flutter Kicks	30 seconds	5
Calf Raise	10	3
Push ups	10	5
Incline Bench	10	3
Dips	10	5
Row (choose style)	10	3
Planks	45 seconds	3