

Dryland Body Weight Workout 4/13/20

All Groups:

Dynamic Warm Up

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

Led by Coach Adam on Zoom!

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Burpees	5	Do as fast as you can and record your time.
Burpees	5	
Push-ups	10	
Burpees	5	
Push-ups	10	
Lunges	20	
Burpees	5	
Push-ups	10	
Lunges	20	
Sit-ups	40	
Burpees	5	
Push-ups	10	
Lunges	20	
Sit-ups	40	
Air Squats	50	

Weight Workout 4/13/20 for 13&over after doing the timed challenge above

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squat – Goblet or Bar	10	3
Kneeling db/kb press	20 (10 each arm)	3
Calf Raise	10	3
Incline Bench	10	3
Dips	10	3
Row (choose style)	10	3
Shoulder taps	10 each side	3
Bird Dogs	10 each side	3
Planks	60 seconds	3