

Dryland Body Weight Workout 6/16/20

Dynamic Warm up

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

Join us at 3pm on Zoom for a group workout!

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Walking Lunges	10 each leg	6 rounds
Push Ups	10	
Reverse lunges	10 each leg	
Dips	10	
Sideways Plank crawl	15 feet each way	
Elbow Plank	30 seconds	

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13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Glute Bridge	10x5 second hold	4
Dead Lift (any form is okay)	10	4
Standard Bench	10	4
Bicep Curl	10	4
Tricep Kickback	10	4
V-ups	15	4
Plank	To failure	-