

Dryland Body Weight Workouts 5/1/20

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
Bridge	30 seconds	Do 6 rounds as fast as you can with a new round starting every 2 minutes.
Burpees	10	
Walk Out Push Ups	5	
Jumping Jacks	10	
Mountain Climbers	15	

Weight Workout 5/1/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	8	4
Standard Bench	8	4
Bicep Curl	8	4
Tricep Kickback	8	4
Reverse Lunge	16 (8 each leg)	4
Calf Raises	8	4
Squat Jumps	8	4
Duke Plyo Series	Watch and follow video	2
Plank	To failure	3
Do the Challenge above		