

### Dryland Body Weight Workout 3/17/20

Dynamic Warm up

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

12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Lunges	6	4
Lizard Crawl	Travel 15-20 feet	4
Glute Bridge	6 – hold 5 seconds	4
Superman	20 seconds	4
Squat Jump	6	4
Calf Raise	6	4
V-up	6	4

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Bulgarian Split Squat	16 (8 each leg)	5
Lizard Crawl	Travel 30 feet	5
Reverse Lunge	16 (8 each leg)	4
Superman	30 seconds	4
Squat Jump	10	5
Calf Raise	10	5
V-up	10	4

### Weight Workout 3/17/20

Dynamic Warm up

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

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Deadlift – bar or dumbbell	8 – 6 – 6 – 4 – 4 – 4	6 with varying reps
Lizard Crawl	Travel 30 feet	5
Reverse Lunge – with weight	16 (8 each leg)	4
Superman	30 seconds	4
Shoulder Press	6	4
Dumbbell Raise	6	4
V-up	10	4
Push up	To failure	4