

Dryland Body Weight Workout 3/19/20

All Groups:

Dynamic Warm up

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

12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squats	8	3
Lunges	16 (8 each leg)	3
Bear Crawl	Travel 30 feet	4
Superman	20 seconds	4
Push Ups	As many as possible	3
Dips	8	3
V-ups	8	3

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squats	8	4
Lunges	16 (8 each leg)	4
Bear Crawl	Travel 30 feet	4
Superman	20 seconds	4
Push Ups	As many as possible	4
Dips	8	4
V-ups	8	4
Calf Raise	16 (8 each leg)	4
Plank	30 seconds	4

Weight Workout 3/19/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Squats (goblet or bar)	6-6-5-4-3-2	6 with varying reps
Bulgaria Split Squats	16 (8 each leg)	4
Incline Bench	6	4
Shoulder Press	6	4
Dumbbell Raise	6 (each arm)	4
Single Arm Row	6 (each arm)	4
Plank	45 seconds	4
V-ups	10	4