

Dryland Body Weight Workout 3/26/20

All Groups:

Dynamic Warm up

Cardio: 10 min warm up/5x1 min high intensity + 1 min recovery/10 min warm down = 30 min total

12&Under

| EXERCISE | HOW MANY REPS | HOW MANY ROUNDS |
|------------|---------------------|-----------------|
| Squats | 10 | 3 |
| Lunges | 20 (10 each leg) | 3 |
| Bear Crawl | Travel 40 feet | 4 |
| Superman | 30 seconds | 4 |
| Push Ups | As many as possible | 3 |
| Dips | 10 | 3 |
| V-ups | 10 | 3 |

13&Over

| EXERCISE | HOW MANY REPS | HOW MANY ROUNDS |
|------------|---------------------|-----------------|
| Squats | 10 | 4 |
| Lunges | 20 (10 each leg) | 4 |
| Bear Crawl | Travel 40 feet | 4 |
| Superman | 30 seconds | 4 |
| Push Ups | As many as possible | 4 |
| Dips | 10 | 4 |
| V-ups | 10 | 4 |
| Calf Raise | 20 (10 each leg) | 4 |
| Plank | 45 seconds | 4 |

Weight Workout 3/26/20

13&Over

| EXERCISE | HOW MANY REPS | HOW MANY ROUNDS |
|------------------------|------------------|-----------------|
| Squats (goblet or bar) | 15 | 4 |
| Bulgarian Split Squats | 20 (10 each leg) | 4 |
| Incline Bench | 8 | 4 |
| Shoulder Press | 8 | 4 |
| Dumbbell Raise | 8 (each arm) | 4 |
| Single Arm Row | 8 (each arm) | 4 |
| Plank | 60 seconds | 4 |
| V-ups | 15 | 4 |