

## Dryland Body Weight Workouts 4/17/20

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
Air squats	15	Do 5 rounds as fast as you can.
Burpees	15	
Push Ups	15	

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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		