

Dryland Body Weight Workout 3/31/20

Dynamic Warm up

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

12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Lunges	20 (10 each leg)	4
Lizard Crawl	Travel 30 feet	4
Glute Bridge	10- hold 5 seconds	4
Superman	45 seconds	4
Squat Jump	10	4
Calf Raise	10	4
V-up	10	4
Plank	30 seconds	4
Jump rope or jumping jack	60 seconds	4

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Bulgarian Split Squat	20 (10 each leg)	5
Lizard Crawl	Travel 40 feet	5
Reverse Lunge	20 (10 each leg)	5
Superman	45 seconds	5
Squat Jump	10	5
Calf Raise	10	5
Lunge Jump	10	5
V-up	10	5
Plank	45 seconds	5
Jump rope or jumping jack	60 seconds	5

Weight Workout 3/31/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Deadlift – bar or dumbbell	6 - heavy	4
Lizard Crawl	Travel 40 feet	4
Reverse Lunge – with weight	12 (6 each leg) - heavy	4
Superman	45 seconds	4
Shoulder Press	6 – heavy	4
Dumbbell Raise	10	4
Upright Row	6 – heavy	4
Standard Bench	8 – 6 – 4 – 2 (increase each rd)	4
V-up	15	4
Push up	To failure	4