

Dryland Body Weight Workout 3/24/20

Dynamic Warm up

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

12&Under

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Lunges	16 (8 each leg)	4
Lizard Crawl	Travel 25-30 feet	4
Glute Bridge	8 – hold 5 seconds	4
Superman	30 seconds	4
Squat Jump	8	4
Calf Raise	8	4
V-up	8	4
Jump rope or jumping jack	45 seconds	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)	5
Superman	30 seconds	5
Squat Jump	10	5
Calf Raise	10	5
V-up	10	5
Jump rope or jumping jack	60 seconds	5

Weight Workout 3/24/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Deadlift – bar or dumbbell	8	4
Lizard Crawl	Travel 30 feet	4
Reverse Lunge – with weight	20 (10 each leg)	4
Superman	30 seconds	4
Shoulder Press	8	4
Dumbbell Raise	8	4
Upright Row	8	4
Standard Bench	8	4
V-up	10	4
Push up	To failure	4