

Dryland Body Weight Workout 4/7/20

Dynamic Warm up

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

Everybody does the Body Weight Portion and records their efforts here by entering your name and the number of rounds: https://docs.google.com/spreadsheets/d/1_mrJhFUUei1D0wxwcv-bECp6fGxRKNRnRpDv7r7nwXY/edit?usp=sharing

Start with 15 lunges then go right to 10 push-ups then right to 15 lunges then 20 situps then start over. Do as many rounds as you can in 10 minutes.

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Lunges	15 each side	Do as many rounds of the exercises as you can in order in 10 minutes.
Push-Ups	10	
Lunges	15 each side	
Sit-ups	20	

Weight Workout 4/7/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Deadlift – bar or dumbbell	8	4
Lizard Crawl	Travel 50 feet	4
Reverse Lunge – with weight	16 (8 each leg)	4
Superman	45 seconds	4
Shoulder Press	8	4
Dumbbell Raise	8	4
Upright Row	8	4
Standard Bench	8	4
V-up	15	4
Shoulder Taps	15 to each side	4