

Dryland Body Weight Workout 4/15/20

Dynamic Warm up

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

You are doing **FIVE ROUNDS** for time of the challenge below:

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Air Squats	20	Start the timer before your first Air Squat then stop it after your final Squat Jump. Record your total time.
Alternating Lunges	20 (10 each leg)	
Lunge Jumps	20	
Squat Jumps	10	

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13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Hip Thrust	5	5
Glute Bridge	10x5 second hold	5
Dead Lift (any form is okay)	5	5
Standard Bench	5	5
Bicep Curl	8	5
Tricep Kickback	8	5
V-ups	15	5
Plank	To failure	-