

Dryland Body Weight Workout 4/8/20

Dynamic Warm up

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

Everybody does the Challenge 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 40 of each, then 30, then 20, then 10 and record your total time:

Today's Challenge

| EXERCISES | HOW MANY REPS | HOW MANY ROUNDS |
|------------|---------------|---|
| Burpees | 40 | Start the timer before your first burpee then stop it after your final Air Squat. Record your total time. |
| Air Squats | 40 | |
| Burpees | 30 | |
| Air Squats | 30 | |
| Burpees | 20 | |
| Air Squats | 20 | |
| Burpees | 10 | |
| Air Squats | 10 | |

Weight Workout 4/8/20

13&Over

| EXERCISE | HOW MANY REPS | HOW MANY ROUNDS |
|------------------------------|------------------|-----------------|
| Hip Thrust | 8 | 5 |
| Glute Bridge | 10x5 second hold | 5 |
| Dead Lift (any form is okay) | 5 | 5 |
| Standard Bench | 8 | 5 |
| Bicep Curl | 10 | 5 |
| Tricep Kickback | 10 | 5 |
| Duke Plyo Series | - | 3 rounds |
| V-ups | 10 | 5 |
| Plank | To failure | - |