

Dryland Body Weight Workout 6/18/20

Dynamic Warm up

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

Join us at 3pm on Zoom for a group workout!

Today's Challenge

EXERCISES	HOW MANY REPS	HOW MANY ROUNDS
Double Jumps	5	3
Push Ups	10	3
Lunge Jumps	5 each leg	3
Dips	10	3
Squat Jumps	10	3
Burpees	10	3

Weight Workout 6/18/20

13&Over

EXERCISE	HOW MANY REPS	HOW MANY ROUNDS
Glute Bridge	10x5 second hold	4
Squats	4-6	4
Bent over row	4-6	4
Incline Bench	4-6	4
Military Press	4-6	4
V-ups	15	4
Plank	To failure	-