

## COVID-19 PREVENTION WORKOUT #38

WARM-UP									
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
JUMPING JACKS	1	:20	BW	1	:30	BW	1	:40	BW
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
SPEED SQUATS	1	:20	BW	1	:30	BW	1	:40	BW
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
BURPEES	1	:20	BW	1	:30	BW	1	:40	BW
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
MOUNTAIN CLIMBERS	1	:20	BW	1	:30	BW	1	:40	BW
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
PUSH-UPS	1	:20	BW	1	:30	BW	1	:40	BW
<b>30 SECOND RECOVERY</b>									
LOWER BODY									
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets									
WEIGHTED OVERHEAD SQUAT	1	12		2	15		3	20	
JUMPING JACKS	1	:20	BW	2	:30	BW	3	:40	BW
WEIGHTED SQUAT	1	12		2	15		3	20	
BURPEES	1	:20	BW	2	:30	BW	3	:40	BW
WEIGHTED REAR LUNGE	1	12	BW	2	15	BW	3	20	BW
SPEED SQUATS	1	:20	BW	2	:30	BW	3	:40	BW
SINGLE-LEG GLUTE BRIDGE	1	12		2	15		3	20	
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW
<b>30 SECOND RECOVERY</b>									
UPPER BODY									
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets									
CLOSE-GRIP PUSH-UPS	1	12		2	15		3	20	
WEIGHTED ONE-ARM ROW	1	12		2	15		3	20	
WEIGHTED LATERAL RAISE	1	12		2	15		3	20	
WEIGHTED BENT OVER REVERSE FLY (T)	1	12		2	15		3	20	
WEIGHTED HAMMER CURL	1	12		2	15		3	20	
WEIGHTED OVERHEAD TRICEP EXTENSION	1	12		2	15		3	20	
<b>30 SECOND RECOVERY</b>									
CORE									
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets									
FRONT PLANK	1	10	BW	2	20	BW	3	30	BW
RIGHT PLANK	1	10	BW	2	20	BW	3	30	BW
LEFT PLANK	1	:20	BW	2	:30	BW	3	:45	BW
SUPERMAN	1	10	BW	2	20	BW	3	30	BW
WEIGHTED AB CRUNCH	1	:20	BW	2	:30	BW	3	:45	BW
RUSSIAN TWIST	1	:20	BW	2	:30	BW	3	:45	BW
SCISSORS	1	:20	BW	2	:30	BW	3	:45	BW
BICYCLE	1	10	BW	2	15	BW	3	:45	BW