

COVID-19 PREVENTION WORKOUT #2



)				Perfor	rmance
	WARM	-UP						
BEGINNER		INTERMEDIATE			ADVANCED			
SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW
1	:20	BW	1	:30	BW	1	:40	BW
	:20			:30			:40 :40	D 14/
1	:20	BW	1	:30	BW	1	:40	BW
1	:20	BW	1	:30	BW	1	:40	BW
1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW
30 S	ECOND R	ECOVER	Y					
	LOWER B	BODY						
BEGINNER		INTERMEDIATE			ADVANCED			
SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
1	12		2	15		3	20	
1	:20	BW	2	:30	BW	3	:40	BW
1	12		2	15		3	20	
1	:20	BW	2	:30	BW	3	:40	BW
1	12		2	15		3	20	
1	:20	BW	2	:30	BW	3	:40	BW
1	12		2	15		3	20	
1	:20	BW	2	:30	BW	3	:40	BW
30 S	ECOND R	ECOVER	Y					
	UPPER E	BODY						
BEGINNER			INTERMEDIATE			ADVANCED		
SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
1	12		2	15		3	20	
1	12		2	15		3	20	
1	12		2	15		3	20	
1	12		2	15		3	20	
1	12		2	15		3	20	
1	12		2	15		3	20	
30 S	ECOND R	ECOVER	Y	•				
	COR	E						
BEGINNER		INTERMEDIATE			ADVANCED			
SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
1	10	BW	2	20	BW	3	30	BW
1	10	BW	2	20	BW	3	30	BW
1	10	BW	2	20	BW	3	30	BW
1	:20	BW	2	:30	BW	3	:45	BW
1	:20	BW	2	:30	BW	3	:45	BW
1	:20	BW	2	:30	BW	3	:45	BW
1	:20	BW	2	:30	BW	3	:45	BW
	1 1 1 1 30 S I SETS 1 30 S I I	WARM BEGINN SETS REPS/TIME 1 :20 1 :20 1 :20 1 :20 1 :20 1 :20 1 :20 1 :20 1 :20 1 :20 30 ECOND R SETS REPS/TIME 1 :20 1 :20 1 :20 30 ECOND R SETS REPS/TIME 1 :20 1 :20 1 :20 1 :20 1 :20 1 :20 30 ECOND R SETS REPS/TIME 1 12 1 12 1 12 1 12 1 12 1 12 1	WARM-UPBEGINNERSETSREPS/TIMEWEIGHT1:20 :20BW1:20 :20BW1:20 :20BW1:20 :20BW30ECONDECOVERBEGINNERSETSREPS/TIMEWEIGHT112 :20BW112 :20BW112 :20BW112 :20BW112 :20BW1:20 :20BW1:20 :20BW1:20 :20BW1:20 :20BW1:20 :20BW112 :20 :20BW112 :20 :20Image: Comparison of the section of the se	BEGINNERINTSETSREPS/TIMEWEIGHTSETS1:20 :20BW11:20 :20BW11:20 :20BW11:20 :20BW11:20 :20BW11:20 :20BW130:20 :20BW131:20 :20 :20BW130:20 :20 :20BW131:20 :20 BW213112 :20 BW22112 :20 BW221:20 :20 BW221:20 :20 BW221:20 :20 BW221:20 :20 BW221:20 :20 BW22112 :20 :20 BW21112 :20 :20 :2022112 :20 :20 :2022112 :20 :2022112 :20 :20 :2023SETSREPS/TIME :20 :20WEIGHT :20 :202112 :20 :20 :2021112 :20 :2022112 :20 :2023110 :20 :20 :20321:20 :20 :20321:20 :2	WARM-UPINTERMEDIABEGINNERINTERMEDIA28TSREPS/TIMESETSREPS/TIME1:20BW1:301:20BW1:301:20BW1:301:20BW1:301:20BW1:301:20BW1:301:20BW1:3030:20BW1:3030:20BW1:3030:20BW1:3030:20BW1:3030:20BW1:3030:20BW1:3030:20BW1:3030:20BW2:301122151:20BW2:30112Q151:20BW2:3030:20BW2:3030:20BW2:30112Q15:3030:20BW2:30112Q15:30112Q15:31112Q15:31112Q15:31112Q15:31112Q15:31112	WARM-UPINTERMEDIATEBEGINNERINTERMEDIATESETSREPS/TIMEWEIGHTSETSREPS/TIMEWEIGHT1:20BW1:30BW1:20BW1:30BW1:20BW1:30BW1:20BW1:30BW1:20BW1:30BW1:20BW1:30BW1:20BW1:30BW1:20BW1:30BW30 SECONDECOVERESETSREPS/TIMEWEIGHT112215I1:20BW2:30BW112215I1:20BW2:30BW112I215I1:20BW2:30BW112I215I1:20BW2:30BW112I2I112I2II112I2II112I2II1I2IIII1I2IIII1I2IIII1I2IIII1 <td< td=""><td>WARM-UP BEGINNER INTERMEDIATE A SETS REPS/TIME WEIGHT SETS REPS/TIME WEIGHT SETS REPS/TIME WEIGHT SETS 1 .20 BW 1 .30 BW 1 30 ECOND BW 1 .30 BW 1 30 ECOND ECOVER INTERMEDIATE A SETS REPS/TIME WEIGHT SETS REPS/TIME WEIGHT SETS 1 12 Q 15 3 3 3 1 12 Q 15 3 3 1 12 Q</td><td>WARM-UP INTERMEDIATE ADVANCE SETS REPS/TIME WEIGHT SETS REPS/TIME SETS REPS/TIME SETS REPS/TIME SETS REPS/TIME SETS REPS/TIME SETS REPS/TIME SETS REPS/TIME</td></td<>	WARM-UP BEGINNER INTERMEDIATE A SETS REPS/TIME WEIGHT SETS REPS/TIME WEIGHT SETS REPS/TIME WEIGHT SETS 1 .20 BW 1 .30 BW 1 30 ECOND BW 1 .30 BW 1 30 ECOND ECOVER INTERMEDIATE A SETS REPS/TIME WEIGHT SETS REPS/TIME WEIGHT SETS 1 12 Q 15 3 3 3 1 12 Q 15 3 3 1 12 Q	WARM-UP INTERMEDIATE ADVANCE SETS REPS/TIME WEIGHT SETS REPS/TIME SETS REPS/TIME SETS REPS/TIME SETS REPS/TIME SETS REPS/TIME SETS REPS/TIME SETS REPS/TIME

For Exercises Requiring Weights, Barbells, Dumbbells or Weighted Containers/Cans Can Be Used