

COVID-19 PREVENTION WORKOUT #3



Performance		WO	<u>RKOU</u>	Г#3					rmance
	V	VARM-UP							
	BEGINNER			IN	INTERMEDIATE			ADVANCE	D
EXERCISE (CIRCUIT)	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
JOG IN PLACE MOUNTAIN CLIMBERS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
JUMPING JACKS JOG IN PLACE	'	:20 :20	DW	'	:30 :30	DVV	1	:40 :40	DVV
PUSH-UPS	1	:20	BW	1	:30	BW	1	:40	BW
JOG IN PLACE SPEED SQUATS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
BERPIES	30 SEC	:20 OND REC	OVERY		:30			:40	
		WER BOD							
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED		
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
WEIGHTED SUMO SQUAT	1	12		2	15		3	20	
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW
WEIGHTED STATIC LUNGE	1	12		2	15		3	20	
SPEED SQUATS	1	:20	BW	2	:30	BW	3	:40	BW
GLUTE BRIDGE	1	12	BW	2	15	BW	3	20	BW
BURPEES	1	:20	BW	2	:30	BW	3	:40	BW
DONKEY KICK	1	12	BW	2	15	BW	3	20	BW
JUMPING JACKS	1	:20	BW	2	:30	BW	3	:40	BW
	30 SEC	OND REC	OVERY						
	UP	PER BOD	Υ						
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED		
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
INCLINE (BEGINNER) OR DECLINE (INTER/ADV) PUSH-UP	1	12	BW	2	15	BW	3	20	BW
WEIGHTED ONE-ARM ROW	1	12		2	15		3	20	
WEIGHTED FRONT RAISE	1	12		2	15		3	20	
WEIGHTED BENT OVER REVERSE FLY AT 45 DEGREES (Y)	1	12		2	15		3	20	
WEIGHTED ALT ARM BICEP CURL	1	12		2	15		3	20	
2-POINT (BEGINNER) OR 3-POINT (INTER/ADV) CHAIR DIP	1	12		2	15		3	15	
	30 SEC	OND REC	OVERY				•		
		CORE							
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED		
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
WEIGHTED AB CRUNCH	1	10	BW	2	20	BW	3	30	BW
WEIGHTED AB REACH	1	10	BW	2	20	BW	3	30	BW
FRONT PLANK	1	:20	BW	2	:30	BW	3	:45	BW
RUSSIAN TWIST	1	10	BW	2	20	BW	3	30	BW
SUPERMAN	1	:20	BW	2	:30	BW	3	:45	BW
RIGHT PLANK	1	:20	BW	2	:30	BW	3	:45	BW
LEFT PLANK	1	:20	BW	2	:30	BW	3	:45	BW
LEFI PLANK		.20	DVV	2	.30	DVV	3	.45	