

## COVID-19 PREVENTION WORKOUT #22



Performance		WO	RKOU	<u>T #2</u> 2	) •			Perfo	rmance
	V	VARM-UP							
	BEGINNER			INTERMEDIATE			ADVANCED		
EXERCISE (CIRCUIT)	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
JOG IN PLACE SPEED SQUATS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW
JOG IN PLACE	1	:20	вw	1	:30	BW	1	:40	BW
BURPEES JOG IN PLACE		:20 :20			:30 :30			:40 :40	
MOUNTAIN CLIMBERS	1	:20	BW	1	:30	BW	1	:40	BW
JOG IN PLACE PUSH-UPS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW
JOG IN PLACE JUMPING JACKS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW
	SECO	DND 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 SQUAT	1	12		2	15		3	20	
JUMPING JACKS	1	:20	BW	2	:30	BW	3	:40	BW
WEIGHTED GOBLET SQUAT	1	12		2	15		3	20	
SPEED SQUATS	1	:20	BW	2	:30	BW	3	:40	BW
WEIGHTED OVERHEAD LUNGE	1	12	BW	2	15	BW	3	20	BW
BURPEES	1	:20	BW	2	:30	BW	3	:40	BW
STR LEG DEADLIFT	1	12		2	15		3	20	
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW
30	SECO		OVERY						
	UP	PER BOD	Y						
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 BENCH PRESS (BENCH OR FLOOR)	1	12		2	15		3	20	
WEIGHTED TWO-ARM ROW	1	12		2	15		3		
PUSH-UP	1	12					•	20	
WEIGHTED ONE-ARM ROW		12		2	15		3	20	
	1	12		2 2	15 15				
WEIGHTED SHOULDER PRESS	1						3	20	
WEIGHTED SHOULDER PRESS WEIGHTED UPRIGHT ROW	-	12		2	15		3	20 20	
WEIGHTED UPRIGHT ROW	1	12 12 12		2 2	15 15		3 3 3	20 20 20	
WEIGHTED UPRIGHT ROW	1	12 12	OVERY	2 2	15 15		3 3 3	20 20 20	
WEIGHTED UPRIGHT ROW	1	12 12 12 DND REC		2 2 2	15 15	ATE	3 3 3 3	20 20 20	
WEIGHTED UPRIGHT ROW 30	1 SECC	12 12 12 DND RECO CORE		2 2 2	15 15 15		3 3 3 3	20 20 20 20	
WEIGHTED UPRIGHT ROW 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once	1 SECC	12 12 12 DND RECO CORE BEGINN	ER	2 2 2 INT	15 15 15 ERMEDIA		3 3 3 3	20 20 20 20 20	
WEIGHTED UPRIGHT ROW 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets	1 1 SECC	12 12 DND RECO CORE BEGINN REPS/TIME	ER WEIGHT	2 2 2 INT SETS	15 15 15 ERMEDIA REPS/TIME	WEIGHT	3 3 3 3 4 8 5 8 5 8 5 8 5 8 5 8 8 8 8 8 8 8 8 8	20 20 20 20 DVANCE REPS/TIME	WEIGHT
WEIGHTED UPRIGHT ROW 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets FRONT PLANK	1 SECC SETS 1	12 12 12 DND RECO CORE BEGINN REPS/TIME 10	ER WEIGHT BW	2 2 2 INT SETS 2	15 15 15 ERMEDIA REPS/TIME 20	WEIGHT BW	3 3 3 3 3 5 5 5 5 5 5 3	20 20 20 20 DVANCE REPS/TIME 30	WEIGHT BW
WEIGHTED UPRIGHT ROW 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets FRONT PLANK RIGHT PLANK	1 SECC SETS 1 1	12 12 ND RECO CORE BEGINN REPS/TIME 10 10	ER WEIGHT BW BW	2 2 2 INT SETS 2 2	15 15 5 ERMEDIA REPS/TIME 20 20	WEIGHT BW BW	3 3 3 3 3 5 5 5 5 5 5 5 3 3 3	20 20 20 20 DVANCE REPS/TIME 30 30	WEIGHT BW BW
WEIGHTED UPRIGHT ROW 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets FRONT PLANK RIGHT PLANK LEFT PLANK	1 3 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	12 12 ND RECO CORE BEGINN REPS/TIME 10 10 :20	ER WEIGHT BW BW BW	2 2 2 1 1 1 1 1 1 1 1 7 2 2 2 2 2 2	15 15 15 ERMEDIA REPS/TIME 20 20 :30	WEIGHT BW BW BW	3 3 3 3 3 5 5 5 5 5 5 5 5 3 3 3 3 3	20 20 20 20 DVANCE REPS/TIME 30 30 :45	WEIGHT BW BW BW
WEIGHTED UPRIGHT ROW 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets FRONT PLANK RIGHT PLANK LEFT PLANK REVERSE CRUNCH	1 SECC SETS 1 1 1 1 1	12 12 12 0ND RECO CORE BEGINN REPS/TIME 10 10 20 10	ER WEIGHT BW BW BW BW	2 2 2 INT SETS 2 2 2 2 2 2	15 15 15 ERMEDI/ REPS/TIME 20 20 :30 20	WEIGHT BW BW BW BW	3 3 3 3 3 5 5 5 5 5 5 5 5 3 3 3 3 3 3 3	20 20 20 20 DVANCE REPS/TIME 30 30 :45 30	WEIGHT BW BW BW BW
WEIGHTED UPRIGHT ROW 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets FRONT PLANK RIGHT PLANK LEFT PLANK REVERSE CRUNCH WEIGHTED AB CRUNCH	1 3 SECC 5 5 5 5 5 7 1 1 1 1 1 1 1 1 1 1	12 12 12 0ND RECO CORE BEGINN REPS/TIME 10 10 :20 10 :20	ER WEIGHT BW BW BW BW BW	2 2 2 INT SETS 2 2 2 2 2 2 2 2 2 2	15 15 15 ERMEDIA REPS/TIME 20 20 :30 20 :30	WEIGHT BW BW BW BW	3 3 3 3 3 5 5 5 5 5 7 3 3 3 3 3 3 3 3 3	20 20 20 20 <b>DVANCE</b> REPS/TIME 30 30 :45 30 :45	WEIGHT BW BW BW BW

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