

## COVID-19 PREVENTION WORKOUT #78



Performance		WO	RKOU	T #78	8				rmance
	v	VARM-UP							
	BEGINNER			INTERMEDIATE			ADVANCED		
EXERCISE (CIRCUIT)	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
JOG IN PLACE JUMPING JACKS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
SPEED SQUATS JOG IN PLACE		:20 :20	DW		:30 :30	DW		:40 :40	D)4/
BURPEES	1	:20	BW	1	:30	BW	1	:40	BW
JOG IN PLACE MOUNTAIN CLIMBERS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW
JOG IN PLACE PUSH-UPS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW
	SECO	OND RECO	OVERY						
	LO	WER BOD	ŊΥ						
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 FRONT LUNGE	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
WEIGHTED GOBLET SQUAT	1	12	BW	2	15	BW	3	20	BW
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW
30	SECO	OND RECO	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
WEIGHTED CHEST PRESS	1	12		2	15		3	20	
WEIGHTED ROW	1	12		2	15		3	20	
WEIGHTED SHOULDER PRESS	1	12		2	15		3	20	
WEIGHTED UPRIGHT ROW	1	12		2	15		3	20	
WEIGHTED BICEP CURL	1	12		2	15		3	20	
WEIGHTED TRICEP KICKBACK	1	12		2	15		3	15	
30	SECO	OND RECO	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
FRONT PLANK	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
SUPERMAN	1	10	BW	2	15	BW	3	:45	BW
						DW	2	45	BW
WEIGHTED AB CRUNCH	1	:20	BW	2	:30	BW	3	:45	DVV
WEIGHTED AB CRUNCH WEIGHTED AB REACH	1 1	:20 :20	BW BW	2 2	:30	BW	3	:45 :45	BW

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