

COVID-19 PREVENTION WORKOUT #80



Performance			KNOU	1 #00	<u> </u>			Perfor	rmance	
	V	VARM-UP								
		BEGINNER			INTERMEDIATE			ADVANCED		
EXERCISE (CIRCUIT)	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 JOG IN PLACE		:20			:30			:40 :40		
SPEED SQUATS	1	:20	BW	1	:30	BW	1	:40	BW	
JOG IN PLACE BURPEES	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW	
MOUNTAIN CLIMBERS JOG IN PLACE	<u>'</u>	:20	DVV	'	:30 :30	DVV	'	:40 :40	DW	
PUSH-UPS	1	:20 :20	BW	1	:30	BW	1	:40	BW	
30	SECO	OND REC	OVERY							
LOWER BODY										
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 FRONT LUNGE	1	12		2	15		3	20		
JUMPING JACKS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED SIDE LUNGE	1	12		2	15		3	20		
BURPEES	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED REAR LUNGE	1	12	5	2	15	5	3	20	5	
	1		BW			BW			BW	
SPEED SQUATS		:20		2	:30		3	:40		
SINGLE-LEG GLUTE-HAM BRIDGE	1	12	BW	2	15	BW	3	20	BW	
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW	
30	SECC	OND REC	OVERY							
	UP	PER 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 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	20		
		OND REC	OVERY	-	.0			20		
30	OLOC	CORE	JVERT							
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED			
Intermediate & Advanced Should Do Each Exercise Once		DEGINI	LIX	IIV	LIXIVIEDIA	\	,	VANCE		
Before Doing 2nd or 3rd Sets		REPS/TIME	WEIGHT	SETS	REPS/TIME		SETS	REPS/TIME		
WEIGHTED AB CRUNCH	1	:20	BW	2	:30	BW	3	:45	BW	
WEIGHTED AB REACH	1	:20	BW	2	:30	BW	3	:45	BW	
SIDE CRUNCH	1	:20	BW	2	:30	BW	3	:45	BW	
REVERSE CRUNCH	1	10	BW	2	15	BW	3	:45	BW	
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	:20	BW	2	:30	BW	3	:45	BW	
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