

## COVID-19 PREVENTION WORKOUT #86



Performance		VVO	RKOU	1 #86				Perfo	rmance	
	٧	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			:30			:40 :40		
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	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
PUSH-UPS 30:	SECC	ND 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 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	SECC	ND 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	
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	SECC	ND 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	
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	
WEIGHTED AB CRUNCH	1	:20	BW	2	:30	BW	3	:45	BW	
WEIGHTED AB REACH	1	:20	BW	2	:30	BW	3	:45	BW	
scissors	1	:20	BW	2	:30	BW	3	:45	BW	
REVERSE CRUNCH	1	10	BW	2	15	BW	3	:45	BW	