

BODYWEIGHT

5/12/2020

A) 3-5 Sets

Squat Jump x5-7

Wall Sit xNear Max

Fire Hydrants x20-30/side

B) 3 Rounds

50 Walking Lunges

25 Burpees

400m Run

Notes

Part A) Rest as needed b/w exercises.





DUMBBELL/ KETTLEBELL

5/12/2020

A) 3-5 Sets

Tempo Goblet Squat x10-15
(3sec down)

Squat Jump x5-7

Fire Hydrant x20-30/side

A) 3 Rounds

50 Walking Lunges

25 DB Burpees

400m Run

Notes

Part A) Rest as needed b/w exercises.