

# BODYWEIGHT

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3/25/2020

**A) 5 RDS 40sec ON 20sec OFF**

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**Alt Reverse Lunges**

**Chair Dips**

**Tuck Ups (of sit ups)**

**B) 3 Sets**

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**Single Leg Step Downs  
x8/side (3-5sec lowering)**

**Single Leg Glute Bridge  
xNear Max /side**

**C) 3 Sets**

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**Pike Push Up x6-12  
(3-5sec lowering)**

**Side Plank (straight arm)  
xNear Max /side**

**Notes**

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Part B & C) Little to no rest b/w  
exercises. Rest as needed b/w sets

Part C) Elevate feet for Pike Push Up to  
increase difficulty or sub to HSPU.





# DUMBBELL/ KETTLEBELL

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3/25/2020

**A) 5 RDS 40sec ON 20sec OFF**

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**Goblet Reverse Lunges**

**Dips**

**Tuck Ups (or sit ups / TTB)**

**B) 3 Sets**

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**Weighted Step Up**  
**x8-12 /side (3sec lowering)**

**Weighted Hip Thrust**  
**x30 (short pause at top)**

**C) 3 Sets**

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**2 Arm DB Bent Row**  
**xNear Max (3-5sec lowering)**

**Side Plank (straight arm)**  
**xNear Max /side**  
*\*Can add weight*

**Notes**

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Part B & C) Little to no rest b/w  
exercises. Rest as needed b/w sets.