

## COVID-19 PREVENTION WORKOUT #37



Performance			KNUU	1 #31				Perfo	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	1	:20	BW	1	:30	BW	1	:40	BW	
BURPEES JOG IN PLACE		:20 :20			:30			:40 :40		
MOUNTAIN CLIMBERS	1	:20	BW	1	:30	BW	1	:40	BW	
JOG IN PLACE PUSH-UPS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
	SECC	OND REC	OVERY							
	LO	WER 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 SQUAT	1	12		2	15		3	20		
JUMPING JACKS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED LUNGE	1	12		2	15		3	20		
BURPES	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED SIDE LUNGE	1	12	BW	2	15	BW	3	20	BW	
SPEED SQUATS	1	:20	BW	2	:30	BW	3	:40	BW	
STRAIGHT LEG DEADLIFT	1	12		2	15		3	20		
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW	
30	SECC	OND 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	
PUSH-UPS	1	12		2	15		3	20		
WEIGHTED TWO-ARM ROW	1	12		2	15		3	20		
WEIGHTED UPRIGHT ROW	1	12		2	15		3	20		
WEIGHTED BENT OVER REVERSE FLY (Y)	1	12		2	15		3	20		
WEIGHTED ARM CURL	1	12		2	15		3	20		
WEIGHTED TRICEP KICKBACK	1	12		2	15		3	20		
		OND REC	OVERV		10		J	20		
30	JLUC		JVLINI							
EVEROUSE (CIRCUIT)	CORE BEGINNER IN				TERMEDIATE ADVANCED				<b>D</b>	
EXERCISE (CIRCUIT)		DEGINN	ER	INI	CKINEDIA	AIC.	F	ADVANCE	U	
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets		REPS/TIME	WEIGHT	SETS	REPS/TIME		SETS	REPS/TIME		
WEIGHTED AB CRUNCH	1	10	BW	2	20	BW	3	30	BW	
WEIGHTED AB REACH	1	10	BW	2	20	BW	3	30	BW	
FRONT PLANK	1	:20	BW	2	:30	BW	3	:45	BW	
RUSSIAN TWIST	1	10	BW	2	20	BW	3	30	BW	
SUPERMAN	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	
BICYCLE	1	10	BW	2	15	BW	3	:45	BW	
DIO I VEL		10	244	_	13	244	J	.43	511	