

COVID-19 PREVENTION WORKOUT #39



Performance		WO	RKOU	ı #39				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	1	:20 :20	BW	1	:30 :30	BW	1	:40	BW	
JUMPING JACKS JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40 :40	BW	
SPEED SQUATS JOG IN PLACE	1	:20 :20	BW	7	:30 :30	BW	1	:40 :40	BW	
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	BW	1	:30	BW	1	:40	BW	
PUSH-UPS	-	:20		•	:30	DVV	•	:40	DW	
30 SECOND RECOVERY										
EVEROISE (CIRCUIT)	LO	LOWER BODY BEGINNER			INTERMEDIATE			ADVANCED		
EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once		DEGININ	EK	IINI	ERIVIEDIA	AIE.	,	DVANCE	D	
Before Doing 2nd or 3rd 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		
BURPEES	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	
WEIGHTED STRAIGHT LEG DEADLIFT	1	12		2	15		3	20		
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW	
30	SECC	ND REC	OVERY							
UPPER 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 CHEST PRESS	1	12		2	15		3	20		
WEIGHTED TWO-ARM ROW	1	12		2	15		3	20		
WEIGHTED FRONT RAISE	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		
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	
WEIGHTED AB CRUNCH	1	10	BW	2	20	BW	3	30	BW	
WEIGHTED AB REACH	1	10	BW	2	20	BW	3	30	BW	
SIDE CRUNCH	1	:20	BW	2	:30	BW	3	:45	BW	
REVERSE CRUNCH	1	10	BW	2	20	BW	3	30	BW	
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									
SUPERIVIAN	T	10	BW	2	15	BW	3	:45	BW	