

COVID-19 PREVENTION WORKOUT #42



Performance		WO	RKOU	1 #42				Fello	rmance	
	v	VARM-UP								
		BEGINNER			INTERMEDIATE			ADVANCED		
EXERCISE (CIRCUIT)	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	
JOG IN PLACE SPEED SQUATS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW	
MOUNTAIN CLIMBERS JOG IN PLACE		:20 :20			:30 :30			:40 :40		
BURPEES	1	:20	BW	1	:30	BW	1	:40	BW	
JOG IN PLACE JUMPING JACKS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
JOG IN PLACE PUSH-UPS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
	SECO	OND REC	OVERY							
	LO	WER BOD	Y							
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 FRONT SQUAT	1	12		2	15		3	20		
JUMPING JACKS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED GOBLET SQUAT	1	12		2	15		3	20		
SPEED SQUATS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED FORWARD LUNGE	1	12		2	15		3	20		
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED STR LEG DEADLIFT	1	12		2	15		3	20		
BURPEES	1	:20	BW	2	:30	BW	3	:40	BW	
	SECO		OVERY							
	UP	PER BOD	Y							
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								
WEIGHTED ALT ARM SHOULDER PRESS				2	15		3	20		
	1	12		2 2	15 15		3 3	20 20		
WEIGHTED UPRIGHT ROW	1	12 12						-		
WEIGHTED UPRIGHT ROW WEIGHTED BICEP CURL				2	15		3	20		
	1	12		2 2	15 15		3	20 20		
WEIGHTED BICEP CURL WEIGHTED OVERHEAD TRICEP EXTENSION	1 1 1	12 12	OVERY	2 2 2	15 15 15		3 3 3	20 20 20		
WEIGHTED BICEP CURL WEIGHTED OVERHEAD TRICEP EXTENSION	1 1 1	12 12 12 0ND REC	DVERY	2 2 2	15 15 15		3 3 3	20 20 20		
WEIGHTED BICEP CURL WEIGHTED OVERHEAD TRICEP EXTENSION 30	1 1 1	12 12 12		2 2 2 2	15 15 15	ATE	3 3 3 3	20 20 20		
WEIGHTED BICEP CURL WEIGHTED OVERHEAD TRICEP EXTENSION	1 1 SECC	12 12 12 DND REC(CORE		2 2 2 2	15 15 15 15		3 3 3 3	20 20 20 20		
WEIGHTED BICEP CURL WEIGHTED OVERHEAD TRICEP EXTENSION 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets	1 1 SECC	12 12 12 DND RECO CORE BEGINN	ER	2 2 2 2 IN1	15 15 15 15 ERMEDIA		3 3 3 3	20 20 20 20 20		
WEIGHTED BICEP CURL WEIGHTED OVERHEAD TRICEP EXTENSION 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once	1 1 SECC	12 12 ND RECO CORE BEGINN REPS/TIME	ER	2 2 2 2 INT SETS	15 15 15 15 ERMEDIA REPS/TIME		3 3 3 3 4 5 5 5 5 5 5	20 20 20 20 ADVANCE REPS/TIME		
WEIGHTED BICEP CURL WEIGHTED OVERHEAD TRICEP EXTENSION 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets WEIGHTED AB CRUNCH WEIGHTED AB REACH	1 1 SECC sets 1	12 12 12 DND RECO CORE BEGINN REPS/TIME 10	ER	2 2 2 2 1 1 1 1 1 1 1 1 1 2	15 15 15 ERMEDI/ REPS/TIME 20		3 3 3 3 3 5 5 5 5 5 5 3	20 20 20 20 ADVANCE REPS/TIME 30		
WEIGHTED BICEP CURL WEIGHTED OVERHEAD TRICEP EXTENSION 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets WEIGHTED AB CRUNCH WEIGHTED AB REACH FRONT PLANK	1 1 SECC SETS 1 1	12 12 ND RECO CORE BEGINN REPS/TIME 10 10	ER WEIGHT	2 2 2 2 1 2 1 NT SETS 2 2 2	15 15 15 15 ERMEDIA REPS/TIME 20 20	WEIGHT	3 3 3 3 3 3 5 5 5 5 5 5 3 3 3	20 20 20 20 ADVANCE REPS/TIME 30 30	WEIGH	
WEIGHTED BICEP CURL WEIGHTED OVERHEAD TRICEP EXTENSION 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets WEIGHTED AB CRUNCH WEIGHTED AB REACH FRONT PLANK RUSSIAN TWIST	1 1 SECC SETS 1 1 1	12 12 ND RECO CORE BEGINN REPS/TIME 10 10 :20	ER WEIGHT BW	2 2 2 2 2 1 1 1 1 1 1 1 1 2 2 2 2 2 2	15 15 15 15 ERMEDI/ REPS/TIME 20 20 :30	WEIGHT	3 3 3 3 3 5 5 5 5 5 5 5 3 3 3 3 3	20 20 20 20 ADVANCE REPS/TIME 30 30 :45	WEIGH	
WEIGHTED BICEP CURL WEIGHTED OVERHEAD TRICEP EXTENSION 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets WEIGHTED AB CRUNCH WEIGHTED AB REACH FRONT PLANK RUSSIAN TWIST SCISSORS	1 1 SECC setts 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	12 12 12 0ND REC0 CORE BEGINN REPS/TIME 10 10 :20 10	ER WEIGHT BW BW	2 2 2 2 2 3 3 5 5 5 5 5 2 2 2 2 2 2 2 2	15 15 15 15 ERMEDIA REPS/TIME 20 20 :30 20	WEIGHT BW BW	3 3 3 3 3 5 ETS 3 3 3 3 3 3	20 20 20 20 ADVANCE REPS/TIME 30 30 :45 30	WEIGH	
WEIGHTED BICEP CURL WEIGHTED OVERHEAD TRICEP EXTENSION 30 EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets WEIGHTED AB CRUNCH	1 1 SECC SETS 1 1 1 1 1 1	12 12 12 DND RECO CORE BEGINN REPS/TIME 10 10 :20 10 :20	ER WEIGHT BW BW BW	2 2 2 2 2 1 1 1 1 1 1 1 2 2 2 2 2 2 2 2	15 15 15 15 ERMEDI/ REPS/TIME 20 20 :30 20 :30	WEIGHT BW BW BW	3 3 3 3 3 5 5 5 5 5 5 5 5 3 3 3 3 3 3 3	20 20 20 20 DVANCE REPS/TIME 30 30 :45 30 :45	WEIGHT BW BW BW	