

## COVID-19 PREVENTION WORKOUT #45



Performance		WO	RKOU	1 #45	)			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	511		:40		
30 SECOND RECOVERY										
EXERCISE (CIRCUIT)	LO	LOWER BODY  BEGINNER			INTERMEDIATE			ADVANCED		
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME		SETS	REPS/TIME		
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	
STRAIGHT LEG DEADLIFT	1	12	5	2	15	5,,	3	20	511	
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW	
		OND REC			.30	DVV	3	.40	DVV	
30		PER BOD								
EXERCISE (CIRCUIT)	1	BEGINNER			ERMEDIA	ATF	ADVANCED			
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME		SETS	REPS/TIME		
PUSH-UPS	1	12		2	15		3	20		
WEIGHTED ONE-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 BICEP CURL	1	12		2	15		3	20		
WEIGHTED OVERHEAD TRICEP EXTENSION	1	12		2	15		3	20		
30	SECO	OND 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	
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	
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