

COVID-19 PREVENTION WORKOUT #61



Performance		WO	RKOU	1 #61				Perfo	rmance	
	٧	VARM-UP								
		BEGINNER INTERME				ADVANCED 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 :20	5144		:30 :30	5111	_	:40 :40		
SPEED SQUATS	1	:20	BW	1	:30	BW	1	:40	BW	
JOG IN PLACE BURPEES	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	DW		:30 :30	DIM	_	:40 :40	D)M	
PUSH-UPS	1	:20	BW	1	:30	BW	1	:40	BW	
30 SECOND RECOVERY										
	LO	WER BOD								
EXERCISE (CIRCUIT)		BEGINN	ER	INT	ERMEDIA	ATE	F	DVANCE	D	
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 FRONT 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	
SINGLE-LEG STRAIGHT LEG DEADLIFT	1	12	BW	2	15	BW	3	20	BW	
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW	
30	SECC	ND REC	OVERY							
	UP	PER BOD	Υ							
EXERCISE (CIRCUIT)	П	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 ONE-ARM ROW	1	12		2	15		3	20		
WEIGHTED UPRIGHT ROW	1	12		2	15		3	20		
WEIGHTED BENT OVER FLY (Y)	1	12		2	15		3	20		
WEIGHTED BICEP CURL	1	12		2	15		3	20		
WEIGHTED SUPINE TRICEP EXTENSION	1	12		2	15		3	15		
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		SETS	REPS/TIME		
WEIGHTED AB CRUNCH	1	:20		2	:30		3	:45		
WEIGHTED AB REACH	1	:20		2	:30		3	:45		
SIDE CRUNCH	1	:20	BW	2	:30	BW	3	:45	BW	
REVERSE CRUNCH	1	10	BW	2	15	BW	3	:45	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	10	BW	2	15	BW	3	:45	BW	
OUPLINIMAN		10	DVV		15	DVV	J	.43	DVV	