

COVID-19 PREVENTION WORKOUT #69



Performance			KNUU	1 #03	<u></u>			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	BW	1	:30	BW	1	:40	BW	
JUMPING JACKS JOG IN PLACE	<u> </u>	:20		_	:30		_	: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	BW	
JOG IN PLACE		: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	
	SECO	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 LUNGE	1	12		2	15		3	20		
JUMPING JACKS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED SIDE LUNGE	1	12		2	15		3	20		
BURPES	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED SQUAT	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	BW	2	15	BW	3	20	BW	
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-UP	1	12		2	15		3	20		
WEIGHTED ONE-ARM ROW	1	12		2	15		3	20		
WEIGHTED FRONT RAISE	1	12		2	15		3	20		
WEIGHTED REAR DELT (Y)	1	12		2	15		3	20		
WEIGHTED ALT ARM BICEP CURL	1	12		2	15		3	20		
WEIGHTED SUPINE TRICEP EXTENSION	1	12		2	15		3	15		
		OND REC	OVERV		10		J	10		
30	JLUC		JVLICI							
EVEDOISE (CIDCUIT)		CORE BEGINN	ED	INTERMEDIATE			ADVANCED			
EXERCISE (CIRCUIT)		BEGINN	ER	IIVI	EKIVIEDIA	\	,	VANCE	J	
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	:20	BW	2	:30	BW	3	:45	BW	
SIDE CRUNCH	1	:20	BW	2	:30	BW	3	:45	BW	
scissors	1	:20	BW	2	:30	BW	3	:45	BW	
PRONE BIRDDOG	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	
OUI ENTITAL		10	244	_	13	544	J	.43	511	