

COVID-19 PREVENTION WORKOUT #82



Performance		WO	RKOU	<u>T #8</u> 2					rmance	
	۷	VARM-UP								
		BEGINNER			INTERMEDIATE			ADVANCED		
EXERCISE (CIRCUIT)	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	
JOG IN PLACE PUSH-UPS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW	
JUMPING JACKS JOG IN PLACE	1	:20 :20	DW		:30 :30	BW		:40 :40	DW	
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 MOUNTAIN CLIMBERS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
	SECO	OND RECO	OVERY		·					
	LO	WER BOD	γ							
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 OVERHEAD SQUAT	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		
SPEED SQUATS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED SQUAT	1	12		2	15		3	20		
BURPEES	1	:20	BW	2	:30	BW	3	:40	BW	
SINGLE-LEG GLUTE/HAM BRIDGE	1	12		2	15		3	20		
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW	
30	SECO	OND RECO	OVERY							
	UP	PER BOD								
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	
DUMBBELL CHEST PRESS	1	12		2	15		3	20		
WEIGHTED ROW	1	12		2	15		3	20		
WEIGHTED ALT ARM FRONT RAISE	1	12		2	15		3	20		
WEIGHTED URPIGHT ROW	1	12		2	15		3	20		
WEIGHTED ALT ARM BICEP CURL	1	12		2	15		3	20		
WEIGHTED TRICEP KICKBACK	1	12		2	15		3	20		
30	SECO	OND RECO	OVERY							
	-	CORE								
EXERCISE (CIRCUIT)		BEGINN	ER	INT		ATE	A	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 AB CRUNCH	1	10		2	20		3	30		
WEIGHTED AB REACH	1	10		2	20		3	30		
SIDE CRUNCH	1	10		2	20		3	30		
SUPERMAN	1	:20	BW	2	:30	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	
REVERSE CRUNCH	1	:20	BW	2	:30	BW	3	:45	BW	

For Exercises Requiring Weights, Barbells, Dumbbells or Weighted Containers/Cans Can Be Used