

COVID-19 PREVENTION WORKOUT #90



Fitness & Sports Performance		WOF	RKOUT	#90					& Sports rmance	
		WARM-U	Р							
	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	
PUSH-UPS JOG IN PLACE	<u> </u>	:20	2	•	:30		·	:40 :40		
JUMPING JACKS	1	:20	BW	1	:30	BW	1	:40	BW	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW	
SPEED SQUATS JOG IN PLACE		:20			:30			:40 :40		
BURPEES	1	:20	BW	1	:30	BW	1	:40	BW	
JOG IN PLACE	1	:20 :20	BW	1	:30	BW	1	:40	BW	
MOUNTAIN CLIMBERS			:30			:40				
EVERGICE OF OUR #4	BEGINNER			INTERMEDIATE			ADVANCED			
EXERCISE - CIRCUIT #1	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	
WEIGHTED COLLAT		40		4	45			20		
WEIGHTED SQUAT PUSH-UP	1	12 10	BW	1	15 15	BW	1	20	BW	
JUMPING JACKS	1	:20	BW	1	:30	BW	1	:40	BW	
WEIGHTED OVERHEAD SQUAT	1	12	BVV	1	15	BVV	1	20	DVV	
WEIGHTED TWO ARM ROW	1	12		1	15		1	20		
SPEED SQUATS	1	:20	BW	1	:30	BW	1	:40	BW	
WEIGHTED FRONT SQUAT	1	12		1	15		1	20		
WEIGHTED SUPINE CHEST PRESS	1	12		1	15		1	20		
BURPEES	1	:20	BW	1	:30	BW	1	:40	BW	
WEIGHTED STR LEG DEADLIFT	1	12		1	15		1	20		
WEIGHTED ONE-ARM ROW	1	12		1	15		1	20		
MOUNTAIN CLIMBERS	1	:20	BW	1	:30	BW	1	:40	BW	
		BEGINNER			INTERMEDIATE			ADVANCED		
EXERCISE - CIRCUIT #2	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	
	SEIS	REPS/TIME	WEIGHT	SEIS	REPS/TIME	WEIGHT	SEIS	REPS/TIME	WEIGHT	
WEIGHTED FORWARD LUNGE	1	12		1	15		1	20		
WEIGHTED SHOULDER PRESS	1	12		1	15		1	20		
JUMPING JACKS	1	:20	BW	1	:30	BW	1	:40	BW	
WEIGHTED LATERAL LUNGE	1	12		1	15		1	20		
WEIGHTED UPRIGHT ROW	1	12		1	15		1	20		
SPEED SQUATS	1	:20	BW	1	:30	BW	1	:40	BW	
WEIGHTED REAR CHOIL BED. IITII	1	12		1	15 15		1	20		
WEIGHTED REAR SHOULDER - "T" BURPEES	1	12 :20	BW	1	:30	BW	1	20 :40	BW	
SINGLE-LEG GLUTE BRIDGE	1	12	DVV	1	15	DVV	1	20	DVV	
WEIGHTED REAR SHOULDER - "Y"	1	12		1	15		1	20		
MOUNTAIN CLIMBERS	1	:20	BW	1	:30	BW	1	:40	BW	
EXERCISE - CIRCUIT #3		BEGINNE		INIT	ERMEDIA	ATE		DVANCE	_	
	<u> </u>	BEGINNE	N .	IIN	EKIVIEDIA	A1E		ADVANCE	ט	
EXERCISE - CIRCUIT #3	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	
WEIGHTED GOBLET SQUAT	1	12		1	15		1	20		
WEIGHTED ALT ARM BICEP CURL	1	12		1	15		1	20		
JUMPING JACKS	1	:20	BW	1	:30	BW	1	:40	BW	
WEIGHTED SQUAT	1	12		1	15		1	20		
WEIGHTED OVERHEAD TRICEP EXTENSION	1	12		1	15		1	20		
SPEED SQUATS	1	:20	BW	1	:30	BW	1	:40	BW	
WEIGHTED FORWARD LUNGE	1	12		1	15		1	20		
WEIGHTED HAMMER CURL	1	12		1	15		1	20		
BURPEES	1	:20	BW	1	:30	BW	1	:40	BW	
WEIGHTED STR LEG DEADLIFT	1	12		1	15		1	20		
WEIGHTED SUPINE TRICEP EXTENSION	1	12		1	15		1	20		
MOUNTAIN CLIMBERS	1	:20	BW	1	:30	BW	1	:40	BW	
EXECUSE CODE		BEGINNER		INTERMEDIATE			ADVANCED			
EXERCISE - CORE	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	
WEIGHTED AB CRUNCH	1	15		1	25		1	40		
FRONT PLANK	1	:20	BW	1	:30	BW	1	:45	BW	
WEIGHTED AB REACH	1	15		1	25		1	40		
RIGHT PLANK	1	:20	BW	1	:30	BW	1	:45	BW	
SIDE CRUNCH - OPP SHOULDER TO KNEE	1	:20	BW	1	:30	BW	1	:45	BW	
LEFT PLANK	1	:20	BW	1	:30	BW	1	:45	BW	
REVERSE CRUNCH	1	:20	BW	1	:30	BW	1	:45	BW	
SUPERMAN	1	:20	BW	1	:30	BW	1	:45	BW	
SCISSORS	1	:20	BW	1	:30	BW BW	1	:45	BW	
BICYCLE		:20	BW		:30	BW		:45	BW	