

COVID-19 PREVENTION WORKOUT #12



Performance		WO	RKOU	T #12					rmance	
	v	VARM-UP								
		BEGINNER			INTERMEDIATE			ADVANCED		
EXERCISE (CIRCUIT)	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	
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	
JUMPING JACKS JOG IN PLACE	1	:20 :20	BW	4	:30 :30	BW		:40 :40	DW/	
PUSH-UPS JOG IN PLACE	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
SPEED SQUATS	1	:20	BW	1	:30	BW	1	.40 :40	BW	
JOG IN PLACE BERPIES	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
	SECO		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 GOBLET SQUAT	1	12		2	15		3	20		
JUMPING JACKS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED STEP-UP USING BOTTOM STAIR	1	12		2	15		3	20		
SPEED SQUATS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED SIDE STEP-UP USING BOTTOM STAIR	1	12		2	15		3	20		
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED STR LEG DEADLIFT	1	12		2	15		3	20		
BURPEES	1	:20	BW	2	:30	BW	3	:40	BW	
30	SECO		OVERY							
	UP	PER BOD	Y							
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-UPS	1	12	BW	2	15	BW	3	20	BW	
WEIGHTED ONE-ARM ROW	1	12		2	15		3	20		
WEIGHTED SHOULDER PRESS	1	12		2	15		3	20		
WEIGHTED UPRIGHT ROW	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		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	
			BW	2	:30	BW	3	:45	BW	
FRONT PLANK	1	:20	DVV						BW	
FRONT PLANK RIGHT PLANK	1 1	:20 :20	BW	2	:30	BW	3	:45	DVV	
	_			2 2	:30 :30	BW BW	3 3	:45 :45	BW	
RIGHT PLANK LEFT PLANK	1	:20	BW							
RIGHT PLANK LEFT PLANK WEIGHTED AB CRUNCH	1	:20 :20	BW	2	:30		3	:45		
RIGHT PLANK LEFT PLANK WEIGHTED AB CRUNCH WEIGHTED AB REACH	1 1 1	:20 :20 10	BW	2 2	:30 20		3	:45 30		
RIGHT PLANK	1 1 1 1	:20 :20 10 10	BW BW	2 2 2	:30 20 20	BW	3 3 3	:45 30 30	BW	

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