

COVID-19 PREVENTION WORKOUT #2



Performance				<u> ΓΙ </u> πΖ				reno	rmance	
		WARM	-UP							
		BEGINNER			INTERMEDIATE			ADVANCED		
EXERCISE (CIRCUIT)	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	
JOG IN PLACE SPEED SQUATS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW	
	1	:20	DVV	1	:30	BW	1	:40	BW	
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	
MOUNTAIN CLIMBERS JOG IN PLACE		:20 :20	DW		:30 :30	D14/		:40 :40	DW	
BERPIES	1	:20	BW	1	:30	BW	1	:40	BW	
	30 S	ECOND R		Y						
	-	LOWER	-							
EXERCISE (CIRCUIT)		BEGINN	ER	INT		ATE	4		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 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 S	ECOND R	ECOVER	Y						
		UPPER E								
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 BENCH PRESS (BENCH OR FLOOR)	1	12		2	15		3	20		
WEIGHTED TWO-ARM ROW	1	12		2	15		3	20		
WEIGHTED LATERAL RAISE	1	12		2	15		3	20		
WEIGHTED BENT OVER REVERSE FLY (T)	1	12		2	15		3	20		
	1	12			15		-	20		
				2			3			
WEIGHTED TRICEP KICKBACK	1	12 500ND D		2	15		3	20		
	30 5	ECOND R		T						
				1817		TE			D	
EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Refere Doing 2nd or 2rd Sets	SETS	BEGINN REPS/TIME		SETS			SETS	REPS/TIME		
Once Before Doing 2nd or 3rd Sets		40	DW	2	20	DW	2	30	DW	
	1	10	BW			BW	3		BW	
	1	10	BW	2	20	BW	3	30	BW	
	1	10	BW	2	20	BW	3	30	BW	
	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	
SUPERMAN	1	:20	BW	2	:30	BW	3	:45	BW	

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