

COVID-19 PREVENTION WORKOUT #3



Performance		wo	RKOU	I #3				Perfor	mance	
	١	WARM-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 :30	BW	1	:40	BW	
MOUNTAIN CLIMBERS JOG IN PLACE	1	:20 :20	BW	1	:30	BW		:40 :40	BW	
	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	
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	
BERPIES		20 OND REC			:30	511	•	:40	5	
			-							
EXERCISE (CIRCUIT)	LOWER BODY 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 SUMO SQUAT	1	12		2	15		3	20		
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED STATIC LUNGE	1	12		2	15		3	20		
SPEED SQUATS	1	:20	BW	2	:30	BW	3	:40	BW	
GLUTE BRIDGE	1	12	BW	2	15	BW	3	20	BW	
BURPEES	1	:20	BW	2	:30	BW	3	:40	BW	
DONKEY KICK	1	12	BW	2	15	BW	3	20	BW	
JUMPING JACKS	1	:20	BW	2	:30	BW	3	:40	BW	
	30 SEC	OND REC	OVERY							
		PPER 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	
INCLINE (BEGINNER) OR DECLINE (INTER/ADV) PUSH-UP	1	12	BW	2	15	BW	3	20	BW	
WEIGHTED ONE-ARM ROW	1	12		2	15		3	20		
WEIGHTED FRONT RAISE	1	12		2	15		3	20		
WEIGHTED BENT OVER REVERSE FLY AT 45 DEGREES (Y)	1	12		2	15		3	20		
WEIGHTED ALT ARM BICEP CURL	1	10								
		12		2	15		3	20		
2-POINT (BEGINNER) OR 3-POINT (INTER/ADV) CHAIR DIP	1	12 12		2 2	15 15		3 3	20 15		
2-POINT (BEGINNER) OR 3-POINT (INTER/ADV) CHAIR DIP	1		OVERY							
2-POINT (BEGINNER) OR 3-POINT (INTER/ADV) CHAIR DIP	1	12	OVERY							
2-POINT (BEGINNER) OR 3-POINT (INTER/ADV) CHAIR DIP EXERCISE (CIRCUIT)	1 30 SEC	12 OND REC		2		\TE	3		D	
	1 30 SEC	12 OND REC CORE		2	15	ATE WEIGHT	3	15	D WEIGHT	
EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before	1 30 SEC(12 OND REC CORE BEGINNEI	2	2 IN1	15 ERMEDIA		3	15 ADVANCE		
EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets	1 30 SEC(SETS	12 OND REC CORE BEGINNEI REPS/TIME	R WEIGHT	2 INT SETS	15 ERMEDIA REPS/TIME	WEIGHT	3 SETS	15 ADVANCE REPS/TIME	WEIGHT	
EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets WEIGHTED AB CRUNCH	1 30 SEC(SETS 1	12 OND RECO CORE BEGINNEI REPS/TIME 10	R WEIGHT BW	2 INT SETS 2	15 ERMEDIA REPS/TIME 20	WEIGHT BW	3 SETS 3	15 ADVANCE REPS/TIME 30	WEIGHT BW	
EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets WEIGHTED AB CRUNCH WEIGHTED AB REACH	1 30 SEC(SETS 1 1	12 OND REC CORE BEGINNEI REPS/TIME 10 10	R WEIGHT BW BW	2 INT SETS 2 2	15 ERMEDIA REPS/TIME 20 20	WEIGHT BW BW	3 SETS 3 3	15 ADVANCE REPS/TIME 30 30	WEIGHT BW BW	
EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets WEIGHTED AB CRUNCH WEIGHTED AB REACH FRONT PLANK	1 30 SEC(SETS 1 1 1 1	12 OND RECO CORE BEGINNEI REPS/TIME 10 10 10 :20	R WEIGHT BW BW BW	2 INT SETS 2 2 2 2	15 ERMEDIA REPS/TIME 20 20 :30	WEIGHT BW BW BW	3 SETS 3 3 3 3	15 ADVANCE REPS/TIME 30 30 :45	WEIGHT BW BW BW	
EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets WEIGHTED AB CRUNCH WEIGHTED AB REACH FRONT PLANK RUSSIAN TWIST SUPERMAN	1 30 SEC(SETS 1 1 1 1 1 1 1	12 OND REC CORE BEGINNEI REPS/TIME 10 10 :20 10 :20	R WEIGHT BW BW BW BW BW	2 INT SETS 2 2 2 2 2 2 2 2 2	15 ERMEDIA REPS/TIME 20 20 :30 20	WEIGHT BW BW BW BW	3 SETS 3 3 3 3 3 3 3 3	15 ADVANCE REPS/TIME 30 30 :45 30	WEIGHT BW BW BW BW	
EXERCISE (CIRCUIT) Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets WEIGHTED AB CRUNCH WEIGHTED AB REACH FRONT PLANK RUSSIAN TWIST	1 30 SEC(SETS 1 1 1 1 1	12 OND RECO CORE BEGINNEI REPS/TIME 10 10 10 10 10 10 10 10	R WEIGHT BW BW BW BW	2 INT SETS 2 2 2 2 2 2	15 ERMEDIA REPS/TIME 20 20 :30 20 :30	WEIGHT BW BW BW BW BW	3 SETS 3 3 3 3 3	15 ADVANCE REPS/TIME 30 30 :45 30 :45	WEIGHT BW BW BW BW BW	