COVID-19 PREVENTION
WORKOUT #3

WARM-UP									
EXERCISE (CIRCUIT)	**BEGINNER**			**INTERMEDIATE**			**ADVANCED**		
	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 / JUMPING JACKS	1	:20 / :20	BW	1	:30 / :30	BW	1	:40 / :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 / BERPIES	1	:20 / :20	BW	1	:30 / :30	BW	1	:40 / :40	BW
30 SECOND RECOVERY									
LOWER BODY									
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 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 SECOND RECOVERY									
UPPER BODY									
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	12		2	15		3	20	
2-POINT (BEGINNER) OR 3-POINT (INTER/ADV) CHAIR DIP	1	12		2	15		3	15	
30 SECOND RECOVERY									
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
WEIGHTED AB CRUNCH	1	10	BW	2	20	BW	3	30	BW
WEIGHTED AB REACH	1	10	BW	2	20	BW	3	30	BW
FRONT PLANK	1	:20	BW	2	:30	BW	3	:45	BW
RUSSIAN TWIST	1	10	BW	2	20	BW	3	30	BW
SUPERMAN	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
BIRD DOG	1	10	BW	2	15	BW	3	:45	BW

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

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