

COVID-19 PREVENTION WORKOUT #5

WARM-UP									
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
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	1	:20	BW	1	:30	BW	1	:40	BW
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
BERPIES	1	:20	BW	1	:30	BW	1	:40	BW
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
MOUNTAIN CLIMBERS	1	:20	BW	1	:30	BW	1	:40	BW
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
PUSH-UPS	1	:20	BW	1	:30	BW	1	:40	BW
30 SECOND RECOVERY									
LOWER BODY									
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets									
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 SECOND RECOVERY									
UPPER BODY									
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets									
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		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
Intermediate & Advanced Should Do Each Exercise Once Before Doing 2nd or 3rd Sets									
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
WEIGHTED AB CRUNCH	1	10		2	20		3	30	
WEIGHTED AB REACH	1	10		2	20		3	30	
REVERSE CRUNCH	1	10	BW	2	20	BW	3	30	BW
SUPERMAN	1	:20	BW	2	:30	BW	3	:45	BW
BIRD DOG	1	10	BW	2	15	BW	3	:45	BW