

COVID-19 PREVENTION WORKOUT #74



Performance		wo	RKOU	1 #74	•			Perfo	rmance	
	v	VARM-UP								
		BEGINNER			INTERMEDIATE			ADVANCED		
EXERCISE (CIRCUIT)	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGH	
JOG IN PLACE PUSH-UPS	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	1	:20	BW	1	:30	BW	1	:40	BW	
SPEED SQUATS JOG IN PLACE	<u> '</u>	:20 :20	BW		:30 :30	BW	-	:40 :40	DVV	
BURPEES	1	:20	BW	1	:30	BW	1	:40	BW	
JOG IN PLACE MOUNTAIN CLIMBERS	1	:20 :20	BW	1	:30 :30	BW	1	:40 :40	BW	
30	SECC	OND RECO	OVERY							
	LO	WER BOD	Y							
EXERCISE (CIRCUIT)		BEGINN	ER	ΙΝΤ	ERMEDIA	ATE	ŀ	DVANCE	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	WEIGH	
WEIGHTED OVERHEAD SQUAT	1	12		2	15		3	20		
JUMPING JACKS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED SIDE LUNGE	1	12		2	15		3	20		
SPEED SQUATS	1	:20	BW	2	:30	BW	3	:40	BW	
WEIGHTED SQUAT	1	12		2	15		3	20		
BURPEES	1	:20	BW	2	:30	BW	3	:40	BW	
SINGLE-LEG GLUTE/HAM BRIDGE	1	12		2	15		3	20		
MOUNTAIN CLIMBERS	1	:20	BW	2	:30	BW	3	:40	BW	
30	SECC	OND RECO	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	WEIGH	
DUMBBELL CHEST PRESS	1	12		2	15		3	20		
WEIGHTED ROW	1	12		2	15		3	20		
WEIGHTED ALT ARM FRONT RAISE	1	12		2	15		3	20		
WEIGHTED URPIGHT ROW	1	12		2	15		3	20		
WEIGHTED ALT ARM BICEP CURL	1	12		2	15		3	20		
WEIGHTED TRICEP KICKBACK	1	12		2	15		3	20		
30	SECC	OND RECO	OVERY							
		CORE								
EXERCISE (CIRCUIT)		BEGINN	ER	INT	ERMEDI	ATE	ļ	DVANCE	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	WEIGH	
WEIGHTED AB CRUNCH	1	10		2	20		3	30		
WEIGHTED AB REACH	1	10		2	20		3	30		
	1	10		2	20		3	30		
				2	:30	BW	3	:45	BW	
	1	:20	BW	2						
SUPERMAN	1 1	:20 :20	BW BW	2	:30	BW	3	:45	BW	
SUPERMAN FRONT PLANK						BW BW	3 3	:45 :45	BW BW	
SIDE CRUNCH SUPERMAN FRONT PLANK RIGHT PLANK LEFT PLANK	1	:20	BW	2	:30		-			

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