

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 |