

COVID-19 PREVENTION WORKOUT #9

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
SPEED SQUATS		:20			:30			:40	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
MOUNTAIN CLIMBERS		:20			:30			:40	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
BURPIES		:20			:30			:40	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
JUMPING JACKS		:20			:30			:40	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
PUSH-UPS		:20			:30			:40	
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 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		
	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 BENCH PRESS (BENCH OR FLOOR)	1	12		2	15		3	20	
WEIGHTED TWO-ARM ROW	1	12		2	15		3	20	
WEIGHTED LATERAL RAISE	1	12		2	15		3	20	
WEIGHTED BENT OVER REVERSE FLY (T)	1	12		2	15		3	20	
WEIGHTED HAMMER CURL	1	12		2	15		3	20	
WEIGHTED TRICEP KICKBACK	1	12		2	15		3	20	
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
SUPERMAN	1	:20	BW	2	:30	BW	3	:45	BW
AB CRUNCH	1	10	BW	2	20	BW	3	30	BW
REVERSE CRUNCH	1	10	BW	2	20	BW	3	30	BW
BIRD DOG	1	10	BW	2	15	BW	3	:45	BW