

## COVID-19 PREVENTION WORKOUT #77

| 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     |
| BURPEES   | 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     |
| <b>30 SECOND RECOVERY</b>   |          |           |        |              |           |        |          |           |        |
| 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 LUNGE  | 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        |        |
| BURPEES   | 1        | :20       | BW     | 2            | :30       | BW     | 3        | :40       | BW     |
| WEIGHTED SQUAT  | 1        | 12        | BW     | 2            | 15        | BW     | 3        | 20        | BW     |
| SPEED SQUATS  | 1        | :20       | BW     | 2            | :30       | BW     | 3        | :40       | BW     |
| WEIGHTED STRAIGHT LEG DEADLIFT  | 1        | 12        | BW     | 2            | 15        | BW     | 3        | 20        | BW     |
| MOUNTAIN CLIMBERS   | 1        | :20       | BW     | 2            | :30       | BW     | 3        | :40       | BW     |
| <b>30 SECOND RECOVERY</b>   |          |           |        |              |           |        |          |           |        |
| 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 |          |           |        |              |           |        |          |           |        |
| PUSH-UP   | 1        | 12        |        | 2            | 15        |        | 3        | 20        |        |
| WEIGHTED ONE-ARM ROW  | 1        | 12        |        | 2            | 15        |        | 3        | 20        |        |
| WEIGHTED FRONT RAISE  | 1        | 12        |        | 2            | 15        |        | 3        | 20        |        |
| WEIGHTED REAR DELT (Y)  | 1        | 12        |        | 2            | 15        |        | 3        | 20        |        |
| WEIGHTED ALT ARM BICEP CURL   | 1        | 12        |        | 2            | 15        |        | 3        | 20        |        |
| WEIGHTED SUPINE TRICEP EXTENSION  | 1        | 12        |        | 2            | 15        |        | 3        | 15        |        |
| <b>30 SECOND RECOVERY</b>   |          |           |        |              |           |        |          |           |        |
| 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 |          |           |        |              |           |        |          |           |        |
| WEIGHTED AB CRUNCH  | 1        | :20       | BW     | 2            | :30       | BW     | 3        | :45       | BW     |
| SIDE CRUNCH   | 1        | :20       | BW     | 2            | :30       | BW     | 3        | :45       | BW     |
| SCISSORS  | 1        | :20       | BW     | 2            | :30       | BW     | 3        | :45       | BW     |
| PRONE BIRDDOG   | 1        | 10        | BW     | 2            | 15        | BW     | 3        | :45       | BW     |
| 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        | 10        | BW     | 2            | 15        | BW     | 3        | :45       | BW     |