



National & Prep Workout

Date: 04/13/20

Goblet Squats

- Use weights, a full bottle of water, or other safe item. (1 gal water~8 lbs.)
- 3 sets of 10

Paper plate reverse lunges

- Paper plates can be used on a smooth surface, or even carpet. Dry washcloths may also be used on a smooth surface, like tile or wood. (Be sure to get parent's permission) May add weight.
- 3 sets of 10 (right and left)

Paper plate side lunges- 3 sets of 10 (right and left) May add weight

Plank Knee Tucks- 2 sets of 10 or **Plank V-ups** (more challenging)

Plank Oblique Knee Tucks- 2 sets of 10

Bridge Curls- 3 sets of 6 alternating right and left leg/ or 3 sets of 8 both legs at same time (if 1 leg at a time feel too easy)

Seated figure 8-with light weights or small water bottle- X 30 reps.

Russian Twist-with medium weights are gallon water bottle

Dead Lifts-2 sets of 10 with medium weight or gallon water bottle

Single Leg Dead Lifts-2 sets of 6 each leg

Body Support on Chairs- (you may also do on floor) (make sure chairs are very sturdy!!!) Get parent permission.

- If you have a pull-up bar, you may do pull-ups, or dead hang (with ears lifted away from your shoulders) or hanging knee lifts

Plank Drag-plank walk up 5x then back 5x=1 rep (do 4 reps 3 times through)

Body Rows-If you have equipment (Rings, TRX, or stretch cords, you can use these items) If not you may try my demonstration using a knotted bedsheet on a strong, locked door with your parent's permission.

- 3 sets of 10

Video Demo link:

<https://youtu.be/tw50ZF18Kp8>



