

↓ Date →										Timed/Count ↓				
Jumping Jacks										Plank ASAP				
Squats										Wall Sits ASAP				
<b>Sit Ups</b>														
Bicycles														
Zulus -RLCenter														
Knee Grab														
Streamline Crunch										<b>1 Minute Time</b>				
Pike										SitUps				
Russian Twist										PushUps				
RT w/Flutter										Burpees				
Forward Lunges										Flutter K 1 Min				
Reverse Lunges														
<b>Leg Lifts</b>														
ABC Leg Lifts														
ScissorToeTouch														
<b>Push Ups</b>														
SpiderMan														
MtClimber														
Release										<b>2 Minute Time</b>				
<b>Planks</b>										SitUps				
UpDownPlank										PushUps				
JumpJack										Burpees				
Side										Flutter K 1 Min				
Opposition														
Superman/Streamline										<b>Flexibility</b>				
<b>Burpees</b>										Plantar Flex				
Burpees to SL														
PushUpBurpee														
JumpJackBurpee														
<b>JumpRope</b>														

# BBST BodyWeight Dryland

Athlete \_\_\_\_\_