

# Dryland by Rob



## **Workout No. 1**

20 half Jumping Jacks  
20 Jumping Jacks  
20 Criss-cross Jumping Jacks  
20 Star Jacks  
20 Jumping Jacks

:30s rest

20 Running in place  
20 Run in place high knees  
20 Butt kicks  
20 Tire runs  
20 Running in place

:30s rest

20 Mountain climbers  
20 Shoulder taps  
20 Crossing Mountain climbers  
20 plank to sunrise  
20 Mountain climbers

:30s rest

REPEAT for 5 rounds



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## Workout No. 2

All arm circles x 10 (Right, Left, Both forward and backwards)

10x Shoulder blade push ups

Ladder

5x wide push ups

3x narrow push ups

1x diamond push up

3x narrow push up

5x wide push ups

All arm circles x 10 (Right, Left, Both forward and backwards)

10x Shoulder blade push ups

5x(5s down, 1s up push ups)

1x(10s down, 10s hold, 10s up)

5x(1s down, 5s up)

All arm circles x 10 (Right, Left, Both forward and backwards)

10x Shoulder blade push ups

10x Wide

10x Shoulder blade

10x Narrow

10x Shoulder blade

5x Diamond

10x Shoulder blade

All arm circles x 10 (Right, Left, Both forward and backwards)

10x Shoulder blade push ups



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## Workout No. 3

All Leg Swings x 10 (Front, side, hinge on right and left)

10 Squats

10 Squats feet together

10 Sumo Squats

5 Squat Jumps

REPEAT 3xs

All Leg Swings x 10 (Front, side, hinge on right and left)

5x (4 Squats, Jump squat on #5)

20 fast streamline jumps

All Leg Swings x 10 (Front, side, hinge on right and left)

Super Squat (10s sit, 10s hold, 10s stand)

20 Streamline jumps

5 Tuck jumps (no noise when you hit the ground)

20 Streamline jumps

5 Tuck jumps

Super Squat

All Leg Swings x 10 (Front, side, hinge on right and left)

10x Squat/Lunge

8x Squat/Lunge

6x Squat/Lunge

4x Squat/Lunge

2x Squat/Lunge

9x Squat/Lunge

7x Squat/Lunge

5x Squat/Lunge

3x Squat/Lunge

1x Squat/Lunge

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## Workout No. 4

20 crunches  
20 streamline crunches  
20 V-thru  
20 Streamline to Left foot  
20 Streamline to right foot

Plank 1:00

20 knees in and out  
20 leg raises  
20 scissors kicks  
20 alternating leg raises  
20 flutter kicks

Superman 1:00

10 pike ups  
10 sit up, get ups  
10 down and outs  
10 Russian twists  
10 Steam Engine

Boat 1:00

REPEAT 5 times

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## Workout No. 5

10x Half Jacks, 10x Nordics, 10x Run in Place  
10x Jumping Jack, 10x Nordics, 10x High Knees  
10x Criss-cross Jacks, 10x Nordics, 10x Butt kicks  
10x Star Jacks, 10x Nordics, 10x Tire Runs

10x Down and Out  
10x Push ups  
10x Down and out  
10x Squat  
5x Jump Squat

REPEAT doing 7, 5, 3, and 1 of each exercise, always doing 5 jumps

10x Burpees

10x Down and Out  
10x Push ups  
10x Down and Out  
10 Squat  
10x Jump Squats

20x Mountain climbers  
20x Shoulder taps  
20x Plank to sunrise  
20x Shoulder taps  
20x Mountain climbers



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## Workout No. 6

TABATA 5:00 rounds, 20s hardest you can work/10s rest

Run in place

:30s break

Push ups

:30s break

Jumping Jacks

:30s break

Squats

:30s break

Nordics

:30s break

Sit Ups

;30s break