



Spring Virtual Training - Workout 1

1. General Dynamic Warm Up – 5 Minutes
2. Complete 25, 20, 15, 10 and 5 of ALL exercises (3 rounds)
 - a. 25 running in place (each leg – so 50 total)
 - b. 20 arm circles forward and 20 arm circles backward (small)
 - c. 15 body weight squats (can also do jumping squats if you need a challenge)
 - d. 10 push ups
 - e. 5 burpees
3. Cool Down and Stretch – 5 Minutes
 - a. The General Flexibility Training video is a great one to use!

Looking for additional exercises? Utilize the “Exercise Playlist” at the bottom of the Virtual Training Page!



Spring Virtual Training - Workout 2

1. General Dynamic Warm Up – 5 Minutes
2. 3 Rounds (30 second break in between each round)
 - a. 12 bodyweight squats
 - b. Forward Lunges - 12 Right/12 Left
 - c. 20 Forearm Plank (on knees or toes)

REST FOR 3 MINUTES

3. 3 Rounds (30 second break in between each round)
 - a. 15 Glute Bridges
 - b. Reverse Lunges - 12 Right/12 Left
 - c. 20 Jumping Jacks

REST FOR 3 MINUTES

4. 3 Rounds (30 second break in between each round)
 - a. 10 Pushups
 - b. 15 Tricep Dips - Use a chair or bench
 - c. 30 High Knees
5. Cool Down and Stretch – 5 Minutes
 - a. The General Flexibility Training video is a great one to use!

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Spring Virtual Training - Workout 3

1. General Dynamic Warm Up – 5 Minutes
2. Workout – complete the entire group of exercises 3 times.
 - 20 Bodyweight Squats
 - 10 Push-ups
 - 10 Walking lunges (each leg)
 - 10 Quadruped
 - 15 Second Plank (on knees or toes)
 - 30 Jumping Jacks
3. Cool Down and Stretch – 5 Minutes
 - a. The General Flexibility Training video is a great one to use!

Looking for additional exercises? Utilize the “Exercise Playlist” at the bottom of the Virtual Training Page!



Spring Virtual Training - Workout 4

1. General Dynamic Warm Up – 5 Minutes

****The following workout consists of completing 5 rounds of these exercises. You have one minute to complete each exercise before moving on to the next one. If you want more of a challenge complete each exercise for one minute straight!****

Minute 1: 20 Body Weight Squats

Minute 2: 20 Butterfly Crunches

Minute 3: 10 Bear Crawls

Minute 4: 20 Mountain Climbers (per leg)

Minute 5: 20 Forward Lunges (10 per leg)

Minute 6: REST for one minute

****Immediately begin next round after your one minute rest – 5 rounds total****

2. Cool Down and Stretch – 5 Minutes

- a. The General Flexibility Training video is a great one to use!

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