

## 09 Season Dryland for HS Boys

Wu- 25 jumping jacks

Between each exercise there is no rest. This is a rapid set that is supposed to complete by doing all the exercises right into each other. While doing the exercise it is important to still maintain good form, if these means slowing down on the exercise that is ok.

Repeat set twice with a three min break between sets

(No Rest In between each exercise)

5 pull ups  
15 regular push ups  
10 stream line jumpies  
4 pull ups  
30 crunches  
30 bicycles  
20 leg lifts  
10 alternating push ups  
3 pull ups  
25 mountain climbers  
25 body squats  
2 pull ups  
12 lunges on each leg  
10 close arm push ups  
20 Double Leg Extensions  
1 pull up  
15 feet raises holding pull up bar  
25 dips  
25 toe raises  
30 sec plank  
10 wide arm push ups  
Pull ups till failure