



DEERFIELD ACADEMY

DORM FITNESS

workout #1

Warm Up:

- 10 Bodyweight Squats
- 8ea '3 Legged Dogs'
- 6 Push Ups
- 4ea Leg Swings
- 4ea Standing Quad Stretch

Repeat 2x

Main Set 1:

- 15ea Firehydrants
- 12 Tricep Dips (or close grip push ups)
- 15 Scullers
- 15ea Flutter Kicks
- 15ea Mountain Climbers
- 1 min Plank

Rest: 1-2min

Repeat: 3-5x

Main Set 2:

- 10 ea Lunges
- 10 Bodyweight Squats
- 5ea Jump Lunges
- 5 Jump Squats

Rest: 30sec

Repeat: up to 5x