

CASTAWAY 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Pushups for time: _____	30 Dips (from box, chair, bench, counter)	30 Glute Bridges w or w/o weight	30 Plank Reaches (Full Plank and alternate hand reach forward or side)	30 Bulgarian Split Squats	30 Tricep Extensions with weight	30 Pendlay Rows with weight
Pushups 2-minute time trial: _____	30 Single Arm Bench/Floor Press	30 Glute Bridge March	30 Deficit Pushups (Use Books or a Board)	30 Weighted Tricep Kickbacks	5-7 Pyramid Pushups (ex: 1, 2, 3, 4, 5, 4, 3, 2, 1)	30 Weighted Plank Rows
30 Pushups for time: _____	30 Seated Tripod Overhead Press	30 Piked or Inch Worm Pushups	30 Bulgarian Split Squats	30 Foot Elevated Pushups	30 Weighted High Pulls	30 V-ups
Pushups 2-minute time trial: _____	30 Standing Tripod Presses	30 Burpees	30 Alternating Planks	30 Dips	30 Air Squat hold (2 s / squat)	30 CrossBody Mountain Climbers
30 Weighted Tricep Kick Backs	30 Weighted Deadlifts	30 PU's for time: _____ PU 2 min Trial _____				

THE QUARANTINE