

2020 Orono Weekly Challenge: Strength & Conditioning



Strength	3 Rounds - 1 Round is 1 set of each exercise			
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	Beginner	Advanced	Reps
Dynamic Warmup	5 Minutes	5 minutes	
Squats	Air Squats	Squat Jump	Goal: 12 to 15
Push-ups	Knees or Wall	Regular	Goal: 12 to 15
Bridge	Double Leg	Single Leg	Goal: 12 to 15
Plank	Hands	Elbows	Work up to 1 minute
Lunge	Static or Walking	Split Jumps	Goal: 12 to 15
Russian Twist	Feet Down	Feet up with Weight	Goal 20 to 25
Shoulder	I,Y,T,W Standing	I,Y,T,W Lying	Goal 10 to 15 each
Cool Down & Stretch	5 Minutes	5 Minutes	

Conditioning	Biking	Swimming	Sprints/Jogging	Yoga	Jump Rope
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