



Dryland Progression - find time to do all exercises twice per week at a level that best challenges you. If at level 5+, try a variety and work different muscle groups!

- **Pushups**
  - Level 1: Wall pushups
  - Level 2: Incline pushups
  - Level 3: Knee pushups
  - Level 4: Full pushups
  - Level 5+: Clap, Diamond, 1 arm, Hindu, narrow
- **Pull ups** (wide grip to target lats)
  - Level 1: Hangs
  - Level 2: assisted pull ups
  - Level 3: normal pull ups
  - Level 4: Pull ups with weights
  - Level 5+: Single arm, muscle ups, with legs up and straight
- **Dips**
  - Level 1: Assisted
  - Level 2: normal dips
  - Level 5+: weighted/resist band, legs up and straight
- **Squats**
  - Level 1: sit down Chair squats
  - Level 2: normal squats
  - Level 3: squat jumps
  - Level 4: single leg squats
  - Level 5+: weighted squat jumps, weighted squats/single leg squats, cossack goblet
- **Core exercises** (pick a good variety each day or do all of these)
  - Level 1: curlups, side curls, penguins
  - Level 2: side plank, reverse crunch, situps, leg lifts
  - Level 3: Russian twists (med ball), plank, bicycle crunch, lemon squeezer
  - Level 4: V-sits, alternating toe touches
  - Level 5: add/increase weights to each!

**\*\*Always do a dynamic warm up before doing any exercise!!!**  
(Can do some static stretching afterwards)