

TAS Weekday Dryland

Use this as a reference for suggested exercises on your own or as you follow along to the 1hr workout [video](#) example.

Time stamps will reference exercise example found in the TAS Dryland How-To [video](#)

Between Different Exercises do **Push-ups** ([0:48](#)) and **Sit-ups** ([0:59](#))

Level 1: 5 **Push-ups** and 10 **Sit-ups**

Level 2: 10 **Push-ups** and 20 **Sit-ups**

Wall Sit ([1:20](#))

Level 1: 60 second hold

Level 2: 90 second hold

Squat 20 reps per set

Level 0.5 Squat on Flat Ground, no weight ([2:26](#))

Level 1 On D-foam roller, no weight ([2:43](#))

Level 2 On D-foam roller, with weight ([2:48](#))

Squat with Bar 20 reps per set

Version 1 ([3:02](#))

Version 2 ([3:07](#))

Version 3 ([3:18](#))

Mow the Lawn ([3:33](#)) 20 reps per set, alternate hands on each rep

Around the World ([3:47](#)) 20 reps per set, alternate direction on each rep

Side to Side ([4:03](#)) 20 reps per set, 10 on each leg

Lunge 20 reps per set, 10 per leg

Level 1: No weight

Level 2: With weight ([4:12](#))

Quad Isolation/Balance 10 reps per set, 5 per leg

Level 0.5: Flat ground no weight

Level 1: On D-foam roller, no weight

Level 2: On D-foam roller, with weight ([4:20](#))

Russian Twist/TAS Sit-up ([4:53](#)) 20 reps per set

Leg Lift ([5:03](#))

Level 1: 30 second hold

Level 2: 45 second hold

Level 3: 60 second hold

Superman/Mission: Impossible ([5:09](#))

Level 1: 45 second hold

Level 2: 60 second hold

Level 3: 90 second hold

Tuck ([5:18](#)), Tuck Rollers ([5:29](#)) Tuck Jump ([5:39](#))

Level 0.5: 60 second Tuck

Level 1: 60 second Tuck with rollers and jumps periodically

Level 2: 90 second Tuck with rollers and jumps periodically

Level 3: 120 second Tuck with rollers and jumps periodically