

Fit Bit Friday 131

The Not-So-Easy 8 Total Body Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: For this routine, you'll need at least one set of dumbbells, kettlebells, or weight plates - use whatever you have available. You can use the same weight for all the moves, or pick heavier ones for the lunges and squats. Start with the 3-minute warm up of high knees, jumping jacks and skaters to get your heart rate up and muscles warm. Then move through each pair of moves twice, resting 1 minute after each set. The first move in each pair is strength based and can be done at regular/slow pace. The second is a cardio move intended to get your heart rate up, so make sure you're doing them as fast as you can while still maintaining good form.

Sets	Exercise	Reps
	Running on the spot - high knees	1 min
	Jumping jacks	1 min
	Skaters	1 min
2	Uneven walking lunges - hold one dumbbell straight up to the ceiling and the other at your side. Switch for the 2nd set.	20
	Jumping lunges - Land as softly as possible, aiming to keep front knee behind toes.	20
2	Sumo goblet squat pulses - With an extra-wide stance, hold a heavy dumbbell with both hands at your chest. Point toes slightly outward, lower into a sumo squat, and pulse for all reps.	20
	Back-and-forth frog jumps - With feet just outside shoulder width hop forward and land in a soft squat. Do the same again but hop back. Continue back and forth.	20
2	Standing overhead press - Use a weight plate, dumbbell, or kettlebell and press it overhead with both hands.	12
	Burpees - as fast as you can with good form.	20
2	Single-leg push-ups - Do 6 reps with left foot elevated and 6 with right elevated.	12
	Mountain climbers - In high plank pose, alternate driving knees to hands as fast as possible.	30
Cool-Down: Walk or easy cardio for 5-10 mins, then stretch.		
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