

Fit Bit Friday 135

The Big Burn 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: In this routine, you'll complete 4 superset pairs of exercises, repeating 3 sets of each before moving on to the next pair. The goal for the first exercise in each pair is to focus on strength, while the second move in each pair is one that should get your heart rate up. Take 1-2 minutes rest between sets, and as much as you need between pairs to adjust your weights. Cool down with 5-10 minutes of easy cardio and stretching at the end.

Sets	Exercise	Reps/Time
	Cardio warm-up - Whatever you feel like doing for 10 minutes to prepare your muscles for work!	10 mins
3	Standing Single-Leg Extension - Stand with weight supported in left leg, right leg bent and hovering slightly above the ground. Bend the left knee and crouch down, aiming to keep your back parallel to the floor. Once your fingers touch the ground, reverse the motion and return to standing on the left foot. Continue all reps, keeping your balance before switching legs.	10 each side
	Burpees - as fast as you can with good form.	30 seconds
3	Reverse lunge with kick - Lunge your left foot backward. As you return to the starting position, continue bringing your left leg through, straightening it and kicking it forward. Aim to touch it with the fingertips of your right hand at the top of the kick. Repeat for all reps then switch sides.	10 each side
	Jumping lunges - Land as softly as possible, aiming to keep front knee behind toes. Do as many as you can with good form.	30 seconds
3	Uneven sumo squats - Place one foot up on the rounded side of a BOSU or on a low step. Use a barbell or pair of dumbbells to provide resistance and perform sumo squats, feet in a wide stance and toes pointed slightly outward.	15
	Squat Jumps - As fast as you can with good form.	30 seconds
3	Barbell Clean and Press - Hold a barbell with an overhand grip, feet about shoulder width apart. Clean the dumbbell up to your shoulders (bending knees slightly to help you gain momentum), then press it straight overhead. Reverse to return to the starting position and repeat.	15
	Mountain climbers - As fast as you can with good form	30 seconds
Cool-Down: Walk or easy cardio for 5-10 mins, then stretch.		
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