

# Fit Bit Friday 138

## The Fit, Fast, 4-Move 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:** You'll split the 4 moves into 2 pairs: Pushups and assisted pull-ups, followed by squats and deadlifts. Complete the pushups and assisted pull-ups first, then take an active recovery for a few minutes while you set up your bar for squats and deadlifts. I've included a couple of options in order to accommodate for different fitness levels and availability of equipment.

Sets	Exercise
Cardio warm-up - 5-10 minutes	
Set A	<b>Pull-Ups and Push-Ups:</b> Perform 9 pull-ups (assisted or modified if necessary), followed by 1 push-up. Move immediately into 8 pull-ups and 2 push-ups, 7 pull-ups and 3 push-ups, etc, all the way to 0 pull-ups and 10 push-ups.
Active recovery: Move to squat rack and/or load weights for next set.	
Set B	<b>Squats and Deadlifts:</b> Perform 9 squats (regular barbell squats, or modified - suggestions below) followed by 1 deadlift. Move immediately into 8 squats and 2 deadlifts, 7 squats and 3 deadlifts, etc, all the way to 0 squats and 10 deadlifts.
	<b>Finisher set: Pick your favourite.</b> Of the 4 moves above, pick the one you like the most (or detest the least!) Do as many reps as possible until failure, decreasing weight if necessary as you go to make it easier.
Stretch and foam roll all major muscle groups	
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### Modifications:

- If you're unable to do a bunch of unassisted pull-ups (and I'm in that camp!) try using an assisted pull-up machine or thick bands to support your weight. Alternatively, this move could be swapped for lat pull-downs.
- To make the push-ups easier, drop to your knees or do them with hands planted on a surface that is higher than your feet, like the edge of a step. To make them harder, try putting both hands on the same medicine ball and performing your push-ups with your hands in this narrow-grip position.
- If you don't have a squat rack available, use a barbell or dumbbells placed at your shoulders. If you're using dumbbells and want to involve even more muscles, add an overhead press every time you stand, lowering the dumbbells to your shoulders when you squat.
- Deadlifts can be done with a bar or dumbbells. If you only have lighter weights available, you can still challenge yourself by using dumbbells and performing a single-leg deadlift. If the set calls for 3 squats and 7 deadlifts, do 7 on each leg.

