

Fit Bit Friday 171

The 6 Sleeps Until Christmas 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: Do each of the 6 moves in the table below immediately after each other. You'll do 6 rounds of the circuit in total, with 6 reps per move being the starting point in your first round. In the next, you'll do 5 reps per move, then 4 reps per move, etc all the way until your final set, with just 1 rep of each exercise. It's a very short routine, but if you keep your rest minimal at the end of each round, you will definitely feel the intensity.

What to Do		Reps/ Time
Cardio of choice - Running, cycling, elliptical, etc.		20 mins
Repeat 6 times	Box jumps - Use a box or a step, landing as softly as possible. One jump up and back down to the ground is 1 rep.	6, 5, 4, 3, 2, 1
	Jumping lunges (alternating mid-air) - Lower into a lunge with right foot forward and left foot back. Jump up, switching leading legs and landing with left foot forward, right foot back. That's 1 rep.	6, 5, 4, 3, 2, 1
	Burpees - Nothing fancy here!	6, 5, 4, 3, 2, 1
	180-degree squat jumps - Lower into a shallow squat to gain a bit of momentum, then spring up, turning 180 degrees and landing in another squat. Jump up again and turn another 180 degrees, so that you face the direction you started in. That's one rep. Continue back and forth.	6, 5, 4, 3, 2, 1
	T push-ups - Get into high plank and do a push-up. Lift your left hand and rotate your torso, lifting your left arm until fingertips point to the ceiling and your body forms a sideways 'I'. Rotate back down, then lift the right arm and do the same on that side. Return to high plank. That's 1 rep.	6, 5, 4, 3, 2, 1
	Pike Crunches - Lie on your back with arms and legs fully extended so that your body forms a straight line. Simultaneously lift your arms and legs, keeping them straight. Touch fingers to toes, then slowly lower to start. That's 1 rep.	6, 5, 4, 3, 2, 1
	Partial Recovery - Take a very short rest (just enough to grab a few swigs of water), then repeat until you've completed all 6 rounds.	As short as possible.
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