

Fit Bit Friday 172

The Countdown to 2015 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: Complete the moves in the circuit below one immediately after the other, starting with 15 jumping jacks, 14 walking lunges, 13 skaters, etc. Take your 1 minute of rest at the end, then repeat the circuit twice more for a total of 3 sets. Note that if you have weights available, you can add them in to make the exercises more challenging.

	What to Do	Reps/ Time
3 sets	Jumping Jacks	15
	Walking lunges - Add weights if you have them available.	14
	Skaters - 'Skating' left, then right counts as 1 rep	13
	Ski Jumps - Lower into a shallow squat with feet at shoulder width apart, then swing your arms as you jump straight up. Lower with soft knees into a shallow squat again (just like you're doing jumps on a ski hill) and continue jumping.	12
	Burpees	11
	Sumo squats - use a dumbbell, barbell or other heavy object if you have one available.	10
	Single-leg deadlift - Same as a regular dumbbell/barbell deadlift except you'll balance on one foot the entire time. Let the other foot hover above the ground while in the standing position, and extend it behind you so that your body forms a T when you've got the dumbbells lowered to the floor. No dumbbells? Do the move without weight and touch fingertips to the floor each time. Do 9 on each side.	9
	Push-ups	8
	Triceps dips	7
	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
	Plank Jacks - Get into high plank pose and do jumping jacks with your feet only, keeping core contracted.	5
	Spiderman Push-ups - Do regular push-ups, but when in the low position, alternate trying to bring knees to elbows.	4
	Windshield wipers - Lying on your back with arms extended along the floor at 90 degrees to your body, lift legs up so heels are straight up in the air. Lower feet together to your left side, then engage the core to lift them back up and over to the right. Continue alternating. One drop left + 1 drop right = 1 rep.	3
	Wall sit - See if you can hold it for 2 mins!	2
	Rest! 1 minute.	1

Eat-Spin-Run-Repeat.com