

# Fit Bit Friday 180

## The No-Equipment Weekend Warrior 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 the circuit below 3 times through, focusing primarily on form. You don't need to try to do any of the movements quickly, but focus on consciously contracting the muscles doing the work. When you've finished a set, take 2-3 minutes rest, then go again. At the end, be sure to stretch out and if possible, foam roll the major muscle groups.

What to Do		Reps/ Time
Cardio of choice - Running, cycling, elliptical, etc.		20 mins
3x	<b>Walk-outs</b> - Start in a standing position. Bend over to touch your toes, then walk your hands out as far as you can in front of you, keeping your toes on the ground. Aim to get as close to parallel to the floor as you can before walking yourself back up with your hands.	10
	<b>Round-the-clock lunge</b> - Start standing and step your right foot forward into a lunge. Keep the left foot as your pivot foot. Step the right foot back in, then step it out to the side for a side lunge. Step it back to center, then back behind for a reverse lunge. Repeat all 3 on the left leg, using the right as your anchor. That's 1 cycle.	5 cycles
	<b>Side plank crunches</b> - Get into high plank pose and rotate to one side so that your body forms an T with fingers of one hand pointing above your head. Engaging the core, crunch your top knee and elbow to meet. Extend and repeat. Complete all reps here, then switch sides.	10 each side
	<b>Wall sit</b> - Sit against the wall as if sitting in a chair, knees at 90 degree angles. If you can't hold the full minute, break it into 15s chunks with 5-10s rests in between.	1 minute
	<b>Hip Drop Side Planks</b> - Get into low side plank, feet stacked. You should have a straight line from your ankles to your head. Drop your hips towards the ground, hovering briefly for 1-2s. Engage the core to bring them back up. Finish all reps here then switch sides.	10 each side
	<b>Plié squat</b> - Stand with feet just outside shoulder width. Lower into a squat, then hold. Staying low, lift your heels so that you're on your tiptoes. Lower the heels, then stand.	10 super slow
	<b>In-out single leg oblique crunch</b> - Lie face-up on the floor, hands just behind ears, knees bent with feet on the floor. Bring right elbow to meet left knee, then lower, this time extending the left leg and straightening it completely so that it's almost flat on the floor. Lift it straight up, again crunching right elbow to that leg. Repeat on the other side, first with knee bent, then leg straight. Alternate until complete.	10 each side
	<b>Plank</b> - as long as you can hold it with good form!	
<b>Rest 2-3 mins, then repeat.</b>		2-3 mins
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