

Fit Bit Friday 169

The Total Body Winter Sizzler 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: For this routine, I've divided the strength exercises into 2 groups - upper and lower body. You'll do one upper body move, one lower body move, then a cardio-based exercise to get your heart rate up. There are 4 sets of exercises, and the goal is to do each set through 3 times, then recover while you gather your equipment for the next one. You might wonder why there's no rest in between rounds, and that's because while you're working your upper body, your lower will be resting and vice versa. Your heart rate will go up in the cardio-based exercise, but will come down in the upper/lower body exercises. This way, you'll be constantly switching up the targeted muscle groups but still giving them a chance to recover while others are working. Get it? Ok, let's go!

	What to Do	Reps/ Time
	Do any form of cardio to get your muscles warm and heart rate up	15 mins
Set A: Repeat 3x	Upper body: Bent over dumbbell rows.	10
	Lower body: Walking Lunges	20 total
	Cardio: Skaters	1 min
Rest 2-3 mins		
Set B: Repeat 3x	Upper body: Overhead dumbbell shoulder press with triceps extension.	10
	Lower body: Split squats (rear foot elevated).	10 each side
	Cardio: 4-point squat jumps: Take feet just outside shoulder width. Use your arms for momentum as you jump forward and land softly in a squat. Jump and squat to the right, then jump back, then left. That's 4 jumps - continue until you've done 20.	1 min
Rest 2-3 mins		
Set C: Repeat 3x	Upper body: Lateral and front dumbbell shoulder raises. Hold a dumbbell in each hand. Keeping arms slightly bent, raise arms out to your sides at shoulder height, then lower. Raise them forward to shoulder height, then lower. That's 1 rep.	10
	Lower body: Bench/box step-ups with glute extension. Step up on a bench with your right foot. Balance on that foot and extend your left heel behind you a few inches while contracting the glutes. Lower left foot to the floor. Finish all reps on right foot before switching.	10 each side
	Cardio: Ski jumps. Stand with feet a few inches apart, knees slightly bent. Jump up, swinging arms forward and land in a narrow squat, swinging arms back like you're using ski poles. Continue for 1 min.	1 min
Rest 2-3 mins		
Set D: Repeat 3x	Upper body: Dumbbell renegade rows. Get into high plank pose with dumbbells in each hand. Keeping hips square to the ground, alternate rowing a dumbbell to the side of your ribcage, then lower slowly and repeat on the other side.	10 rows each side.
	Lower body: Sumo squats with a heavy dumbbell.	10
	Cardio: Burpees!	1 min
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