

Fit Bit Friday 132

The Killer 10s 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 each of these pairs of exercises, you'll follow this pattern: 1 rep of exercise A, 9 exercise B. Then 2 reps of exercise A, 8 reps of exercise B. Then 3 reps of exercise A, 7 reps of exercise B. You'll keep going until you get to 9 A's and 1 B, then rest 2-3 minutes before moving into the next pair. Equipment-wise, you'll need a set of dumbbells and a box or step for the box jumps.

Sets	Exercise	Reps
A	Single-Leg Burpees - Perform standard burpees, but use only one leg, keeping the other knee bent so you're not tempted to stand on that foot!	(1A, 9B) up to (9A, 1 B)
B	Sumo Squats - Hold dumbbells at shoulders and plant feet on the floor, wider than shoulder width and toes pointed slightly outward. Ensure knees don't go past toes when lowering into the squat.	
Rest - 2-3 mins		
A	Box Jumps - These can be done on a box at your gym, or on a step if you're not comfortable with the height of a box. Swing arms to help you gain momentum, jumping and landing on both feet. Hop back down and repeat.	(1A, 9B) up to (9A, 1 B)
B	Incline Push-Ups - Place hands on the edge of the box and perform standard push-ups, dropping to knees if necessary.	
Rest - 2-3 mins		
A	Bent-Over Dumbbell Rows - Stand with feet a couple of inches apart, holding a dumbbell in each hand. Hinge at your hips with arms extended towards the floor. Pull the dumbbells up to near your armpits, then lower back down. Stay bent over for all reps, and maintain a long spine. (Don't hunch over!)	(1A, 9B) up to (9A, 1 B)
B	Jump Squats - Lower into a squat with feet wide, keeping knees behind toes. Use your arms to help you gain momentum as you jump up, then land and lower into a squat as softly as you can. That's 1.	
Rest - 2-3 mins		
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