

Fit Bit Friday 133

The Whole Body Hundred 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: The instructions for this one are simple - simply perform the number of reps for each exercise as indicated, moving immediately from one exercise to the next. If you need to rest in between, go ahead and do so - always remember to go at your own pace. I've indicated where weights can be added to make moves more challenging, and in many cases you can use whatever you have - dumbbells, kettlebells, or even heavy objects around your house if you don't have gym access. The final 10 minutes is cardio, and if you don't feel like running, feel free to cycle, row, hop on the elliptical or step mill, or even put on some loud music and shake your booty like Shakira. Have FUN!

Exercise	Reps
Skips with a jump rope	100
Forward lunges - alternate legs and use a barbell across your shoulders or dumbbells/kettlebells in your hands for more resistance.	90
Squats - Use a barbell across your shoulders or dumbbells/kettlebells held near your shoulders for more resistance	80
Running on the spot with high knees	70
Donkey Kicks - Do half on your right leg and half on the left. Use a resistance band looped around your foot for more of a challenge.	60
Dumbbell overhead shoulder press - Start with a moderate weight, and decrease as needed in order to maintain good form the whole time. You may find that you only have 5lbs in each hand by the end and that's ok!	50
Renegade Rows - Get into high plank pose with dumbbells under your hands. Grip the dumbbells and alternate rowing each one up to your rib cage, then back down. Maintain a flat spine and don't let your butt stick up or drop down!	40
Push-Ups - Drop to your knees when you can't perform standard push-ups on your toes any longer.	30
V-Up Crunches	20
Run or do any form of cardio - you can even have a little dance party if you want to - just be sure to get your heart rate up!	10
Cool Down - 5 minutes walking and stretching.	
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