

# Fit Bit Friday 153

## The Superwoman 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 chart below shows the entire workout that I did, including the run around the neighbourhood before going to the track. If you aren't a big runner or just don't have time for that part, no worries - you can eliminate the 4.75 mile run and replace it with something else, or just go straight to the 400s after warming up. You won't need any equipment for this aside from some bleachers or a bench for the strength training portion.

Sets	Exercise	Reps
<b>Cardio</b>		
1	Run 4.75 miles, finishing at a track or football field.	Total: 7 miles
	Recover by doing 1 easy lap around the track, walking or jogging.	
4	1 lap around the track - hard, as fast as you can maintain for 400m.	
	1 lap easy jog to recover	
<b>Strength</b>		
3	<b>Push-ups</b> (use bench/step to do on incline to modify if necessary)	10
	<b>Body weight squats</b>	50
	<b>Stationary lunges</b> (rear foot elevated on step)	10 each side
	<b>Walking Lunges</b>	40 total
	<b>Triceps dips</b> (using bench/step)	15
	<b>Step-ups with knee raise and rear leg extension</b> - Step up on a bench with your left foot. Swing your right knee through until it's at 90 degrees in front of you, then straighten your leg as you swing it back and extend, contracting glutes. Step down and switch leading legs.	20 total
	<b>Body weight squats</b>	50
	<b>1 min rest</b>	
<b>Cool down: Walk home!</b>		
Eat-Spin-Run-Repeat.com		