

Fit Bit Friday 158

The Big Burn 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 a 20 minute warm-up consisting of whatever cardio-based activity you enjoy most. Then, grab a barbell and a set of dumbbells or two for the circuit. For moves 1, 3, and 5, focus on slow and controlled movements, using your core to stay balanced. For the upper body moves, I recommend using a light/medium set of dumbbells. Keep track of the number of overhead shoulder presses and triceps extensions you're able to do, and see if you can beat it on subsequent sets. At the end of each set, drink water and take a few minutes rest before repeating it all again. Beginners can start with 2 times through, intermediates can aim for 3, and if you're up for a really big burn, go for 4!

Sets	Exercise	Time
Warm-up - 20 mins walking, jogging, cycling, dancing - whatever you like!		
3 to 4	Barbell Pendulum Lunges - Stand with a barbell across your shoulders. Step forward into a lunge with your right foot, then back into a reverse lunge, all while keeping your left foot planted. Complete 10 forward-and-backs on the right before switching sides.	10 each side
	Standing Dumbbell Overhead Shoulder Presses	Until failure
	Dumbbell Lunges with Elevated Rear Foot - Get into a lunge stance, left leg forward and right leg back, but put your right toes up on a bench. Lower into a lunge with dumbbells at sides, then stand. Complete all reps with right leg back before switching sides.	10 each side
	Standing Dumbbell Triceps Extensions - Either hold a dumbbell in each hand or a heavier one with both hands. Keep elbows pointing forward and imagine squeezing a beach ball between them.	Until failure
	Dumbbell Bench Step-Up with Knee Lift and Biceps Curl - Hold dumbbells in each hand and face a bench. Step up with left foot, bringing your right knee up as you do a biceps curl with both arms. Lower the weights and step down. Alternate leading legs until reps are complete.	20 total
2-3 mins rest		
Cool down: Keep moving until heart rate comes down to normal.		
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