

# Fit Bit Friday 170

## The Sweaty 7 Circuit 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:** As the name implies, there are 7 moves that you'll do, one immediately after the next. The last is a 250m row done at max effort. You'll go through this circuit 4 times, so in the end you'll have rowed 1km. The goal is to decrease your row time every round, so be sure to record it during the few minutes of rest that follow. The other moves will build strength and your cardiovascular ability, so if you're looking for a full-body workout, this is a great one to choose!

What to Do		Reps/ Time
Cardio of choice - Running, cycling, elliptical, etc. Include 8-10 intervals of any duration that are done at a higher intensity to spike the heart rate.		30 mins
Repeat 4 times	<b>Bodyweight Squats</b> - Go slow to emphasize the muscle contraction.	25
	<b>Split lunges with rear foot elevated</b> – Same as a stationary lunge, only the rear foot stays elevated with toes resting on a bench/step for all reps before switching sides.	10 each side
	<b>Triceps bench dips</b>	15
	<b>Burpees</b>	10
	<b>Traveling push-ups</b> - Perform a push-up, then move your hands one at a time over to the left. Do another push-up, then move them to the right. Continue for all reps.	15 push-ups total
	<b>Swiss ball oblique combo</b> - Lie face-up on an exercise ball with your feet flat on the floor, toes near a wall for support. Perform 10 regular crunches on the ball, then 10 oblique crunches where your right foot lifts so that the right knee meets the left elbow. Do 10 oblique crunches where right elbow meets the left knee, then repeat the whole sequence again.	60 crunches total
	<b>Rowing machine</b> - Hop on and row 250m as fast as you can.	250m
<b>Rest 2-3 mins.</b> Record your row time, drink water, and get ready to go again!		2-3 mins
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