

Fit Bit Friday 131

The Not-So-Easy 8 Total Body 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 this routine, you'll need at least one set of dumbbells, kettlebells, or weight plates - use whatever you have available. You can use the same weight for all the moves, or pick heavier ones for the lunges and squats. Start with the 3-minute warm up of high knees, jumping jacks and skaters to get your heart rate up and muscles warm. Then move through each pair of moves twice, resting 1 minute after each set. The first move in each pair is strength based and can be done at regular/slow pace. The second is a cardio move intended to get your heart rate up, so make sure you're doing them as fast as you can while still maintaining good form.

| Sets | Exercise | Reps |
|---|--|-------|
| | Running on the spot - high knees | 1 min |
| | Jumping jacks | 1 min |
| | Skaters | 1 min |
| 2 | Uneven walking lunges - hold one dumbbell straight up to the ceiling and the other at your side. Switch for the 2nd set. | 20 |
| | Jumping lunges - Land as softly as possible, aiming to keep front knee behind toes. | 20 |
| 2 | Sumo goblet squat pulses - With an extra-wide stance, hold a heavy dumbbell with both hands at your chest. Point toes slightly outward, lower into a sumo squat, and pulse for all reps. | 20 |
| | Back-and-forth frog jumps - With feet just outside shoulder width hop forward and land in a soft squat. Do the same again but hop back. Continue back and forth. | 20 |
| 2 | Standing overhead press - Use a weight plate, dumbbell, or kettlebell and press it overhead with both hands. | 12 |
| | Burpees - as fast as you can with good form. | 20 |
| 2 | Single-leg push-ups - Do 6 reps with left foot elevated and 6 with right elevated. | 12 |
| | Mountain climbers - In high plank pose, alternate driving knees to hands as fast as possible. | 30 |
| Cool-Down: Walk or easy cardio for 5-10 mins, then stretch. | | |
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