

No Excuses

#1

10-1

Pull-Ups, Plunges (each leg counts as .5 reps), Sit-Ups, Tuck Jumps

Round 1: Perform 10 repetitions of each exercise

Round 2: Perform 9 repetitions of each exercise

Round 3: Perform 8 repetitions of each exercise

Round 4: Perform 7 repetitions of each exercise

Continue until you perform only 1 repetition of each exercise.

Pull-Ups

Target	Latissimus Dorsi (large back muscles) and Arms
Action	Hang from an overhead bar with straight arms. Pull chest toward bar then slowly lower to starting position.
Modification/Variation	Find a parallel bar chest high or lower. Recline with straight elbows, pull chest toward bar, then return to starting position.

Plunges



Target	Thighs (Quadriceps and Hamstrings) & Gluteals
Action	Start in a right lunge position (both knees at 90 degree angles), jump straight up with feet together and land in a left lunge position. Then jump and switch legs back to right lunge start position. This is 1 repetition.
Modification/Variation	Eliminate the jump and perform reverse lunges.

Sit-Ups



Target	Abdominals, specifically rectus abdominis
Action	Support your head with your hands (avoid pulling on neck). Curl upper body off the floor, head, shoulders and ribcage.
Modification/Variation	If lifting the ribcage off floor is not possible, place fingers on the back of thighs to assist in sitting up. To decrease intensity, perform an abdominal crunch by letting shoulder blades just barely clear the floor until spine is curled to about a 45-degree angle (see picture above).

Tuck Jumps



Target	Thighs (Quadriceps), Calves and Cardio
Action	Start with feet under hips, bend knees and jump as high as possible lifting knees to chest. Land in a toe-ball-heel fashion and soft knees to prepare for the next jump.
Modification/Variation	If landing the jump is too painful for joints, from starting position, squat, extend, rise up on toes and return to starting position.