

No Excuses

#10

5 Rounds

25 Jumping Jax

25 Push-ups

25 Sumo Jumps

25 Sit-Ups

25 Box Jumps

25 Mountain Climbers (each leg)

25 Jumping Jax

Target	Cardio
Action	Start with feet together and hands by hips. Simultaneously, jump feet out shoulder width apart and extend arms overhead. Return to starting position by jumping feet back together and returning hands to hips.
Modification/Variation	To decrease intensity, eliminate jump by stepping out and in and/or extending arms only shoulder height.

25 Push-Ups



Target	Pectorals, Shoulders, Triceps
Action	Place hands and toes on the floor shoulder distance apart in a plank position. Slowly bend elbows lowering the chest towards the floor. Extend elbows, pushing the chest away from the step or floor until you are back in starting position.
Modification/Variation	To decrease intensity: Hold plank for 1 minute in lieu of push-ups. Decrease range of motion in elbows (any bent—no matter how slight—counts as a repetition). Place hands on a step or elevated surface. Perform push up on knuckles if action aggravates wrists.

25 Sumo Jumps



Target	Glutes, Core, Quadriceps, Shoulders Added Benefit: Invokes great cardiovascular response
Action	Start in sumo squat stance holding dumbbell laterally between thighs. To begin the movement of the dumbbell, squat deeply pushing hips back until the dumbbell is well clear of groin. Stand up out of squat, thrust hips forward, and swing the dumbbell as high as possible. The momentum of the squat-thrust should carry the dumbbell skyward in order to limit the workload of the arms.
Modification/Variation	It is not necessary to lift dumbbell overhead to still gain conditioning benefits.

25 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, let shoulder blades just barely clear the floor until spine is curled to about a 45-degree angle.

25 Box Jumps

Target	Cardiovascular conditioning, Glutes, Hamstrings and Quadriceps
Action	With two feet, jump onto park bench, land softly with soft knees and entire foot. To exit bench, gently push back and land on the ground: toe, ball, heel.
Modification/Variation	Step onto bench, one foot at a time, placing entire foot on bench. Exit bench landing on the ground: toe, ball heel. Perform "step-ups" as quickly as possible in order to invoke a cardiovascular response. Be sure to alternate lead leg with each round.

25 Mountain Climbers (each leg)



Target	Abdomen, Low Back and Core Added Benefit: Strengthens shoulder stabilizers and triceps
Action	Start in plank, or push-up position. Keep spine in neutral with ears, shoulders and hips in alignment. Make sure elbows and wrists are lined up directly under shoulders. Bring left knee toward chest without letting toes touch the ground. Return to starting position, then bring right knee toward without letting toes touch the ground.
Modification/Variation	Add speed for greater challenge.