

No Excuses #11

10-1: Box Jumps on park bench, Alternating T, Knees to Elbows

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.

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.

Alternating T



Target	Waist and Core
Action	Start in plank, with spine in neutral with ears, shoulders and hips in alignment and feet shoulder width apart. Make sure supporting wrists are lined up directly under shoulders. Rolling over to the right, extend the left hand skyward. Pause for one second before returning to plank. Switch to left side extending the right hand skyward, pause for second, then return to plank. (Note: each arm extension counts a 1 repetition. No need to perform right and left to count as 1 repetition.)
Modification/Variation	Lower knee closest to ground to support body weight if necessary.

Knees to Elbows



Target	Strengthen shoulder stabilizers and abdominal muscles to create powerful and stable core for spinal flexion.
Action	Depress elbows and arms in sling in order to activate serratus anterior and latissimus dorsi for proper posture. Bring knees to chest while keeping elbows pointing forward and upper arm parallel to ground and return to starting position.
Modification/Variation	To decrease intensity, lift one knee at a time. To increase intensity, hang onto bar with hands and touch toes to bar.