

No Excuses

#2

5 Rounds: 50 Jump Rope, 40 Alt. Step Ups, 30 Bicycles, 20 Dumbbell Swings, 10 Alt. T

Round 1: Perform each exercise with the given number of repetitions (50-10).

Round 2: Perform each exercise with the given number of repetitions (50-10).

Round 3: Perform each exercise with the given number of repetitions (50-10).

Continue for 5 complete rounds.

50 Jump Rope

Target	Cardio, Calves, Forearms
Action	<p>Balance: Your weight is on the balls of your feet, your knees slightly bent. Don't jump more than an inch. Keep your body upright, eyes front, and elbows close to your side while making small circles with your wrists.</p> <p>The Jump: It's a slight push, but it comes from the ankles, calves, knees, and hips. Push through the floor with the balls of your feet and point your toes downward as you lift off.</p> <p>The Landing: Land softly by spreading the impact through your ankles, knees, and hips. Contact with the ground should be as brief as possible, and your heels should never touch the ground.</p>
Modification/Variation	Until your coordination catches up to your fitness level, pretend you have a jump rope in your hands and practice form. If your fitness level and coordination need a challenge, turn the rope under your feet two times (double unders) for every single jump.

40 Alternating Step Ups



Target	Glutes and Hamstrings Added Benefit: Great for balance training
Action	Use a sturdy chair or patio bench for step up platform. Make sure the bench/chair is no higher than knee height. Place one foot toward the middle of the platform with the heel of the foot firmly planted. Stand straight up on platform extending all the way through supporting knee and hip. Tap foot on top of bench for stability, or elevate knee to challenge balance. Carefully return to floor and switch legs. Each knee raise counts as 1 repetition.
Modification/Variation	Add dumbbells to increase intensity.

30 Bicycles



Target	Ab s (specifically Obliques)
Action	Start in a supine position, hands behind head and both knees curled to chest. Keeping low back grounded to the floor, extend right leg forward while rotating right shoulder toward left knee, then switch side. Each rotation counts as 1 repetition.
Modification/Variation	To decrease intensity, keep extended leg slightly bent.

20 Dumbbell Swings



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.

10 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 up to 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.