No Excuses

#3

5 Rounds

25 Step-Ups

25 Mountain Jax

25 Sumo Jumps

25 Sit-Ups

25 Dumbbell Burpees

25 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.

25 Mountain Jax

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. Jump legs out shoulder width apart (like a standing jumping jax); return to starting position.
Modification/Variation	Add speed for greater challenge.

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, 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).

25 Dumbbell Burpees

Target	Glutes, Core, Quadriceps Added Benefit: Invokes great cardiovascular response
Action	Start in a standing position, feet hip width apart. Crouch down and place hands on either side of feet, jump feet out into a plank, jump back in, then stand up.
Modification/Variation	To increase intensity and add more target muscles (chest and arms), add a push up from the plank position.