

# No Excuses

## #4

### 10-1

Jump Rope

Push-Ups,

Box Jumps (use park bench for box jumps)

Burpees

Round 1: Perform 10 repetitions of each exercise (except Jump Rope—perform 100)

Round 2: Perform 9 repetitions of each exercise (except Jump Rope—perform 90)

Round 3: Perform 8 repetitions of each exercise (except Jump Rope—perform 80)

Round 4: Perform 7 repetitions of each exercise (except Jump Rope—perform 70)

Continue until you perform only 1 repetition of each exercise and Jump Rope 10x.

### 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.

### 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	<p>To decrease intensity:</p> <p>Hold plank for 1 minute in lieu of push-ups.</p> <p>Decrease range of motion in elbows (any bent—no matter how slight—counts as a repetition).</p> <p>Place hands on a step or elevated surface.</p> <p>Perform push up on knuckles if action aggravates wrists.</p>

## 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.

## 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.