

No Excuses

#5

5 Rounds: 50 Squats, 40 Mountain Climbers, 30 Burpees, 20 Roll Over, 10 Alternating 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 Squats



Target	Quadriceps, Hamstrings, Gluteals
Action	Start with feet hip width apart or slightly wider. Slowly flex the knees and drive the hips back towards the level of the knees and raise arms in front for balance. Extend knees and hips and return to starting position. It is more important that heels remain grounded as opposed to lowering hips to or below knee level. If the ability to keep heels grounded is inhibited by lack of flexibility or strength, just bend knees and hips to a 45 degree angle.
Modification/Variation	To increase intensity, add weight by holding dumbbells at shoulder or hips.

40 Mountain Climbers



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.

30 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.

20 Roll Overs



Target	Core: Front, Sides and Back
Action	Start in a lying on Back with arms extended overhead in a “V” shape. While keeping head in line with spine and limbs off the floor, roll over right side and finish on stomach then return to back. That is 1 repetition. Repeat by rolling over to the left side and returning to back. That is repetition number 2. Repeat by rolling side to side for 20 repetitions.
Modification/Variation	To decrease intensity (and with enough space), perform 10 rolls to the right and then perform 10 rolls to the left.

10 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. Rotate 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.)
Modification/Variation	Lower knee closest to ground to support body weight if necessary.