

No Excuses #7

5 Rounds: 50 Squats, 40 Mountain Climbers, 30 Burpees, 20 Superman, 10 Pull-Ups

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 Tube Squats



Target	Quadriceps, Hamstrings, Gluteals
Action	Start with feet on tube, hip width apart or slightly wider. Slowly flex the knees and drive the hips back towards the level of the knees. Be sure to keep heels grounded.
Modification/Variation	It is most important that heels remain grounded as opposed to lowering hips 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. If the resistance of the tube is too strong, perform squats without the tube; instead, raise arms in front for balance and return to starting position. With practice, gradually increase range of motion and add resistance.

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, Legs 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 Supermen



Target	Low Back and Glutes
Action	Start in a lying on stomach with arms extended overhead in a "V" shape. While keeping head in line with spine, slowly lift limbs and ribcage skyward and return to starting position.
Modification/Variation	To decrease intensity, keep hands and feet grounded while lifting the back of head and ribcage just high enough to fill lungs with air.

10 Pull-Ups

Target	Latissimus Dorsi (large back muscles) and Arms
Action	Hang from an overhead bar with straight arms. Pull chest toward bar then slowly lower to starting position.
Modification/Variation	Find a parallel bar chest high or lower. Recline with straight elbows, pull chest toward bar, then return to starting position.