

No Excuses

#9

Air Squat, Burpee, Sit-Up

5 min: 1 Air Squat, 1 Burpee, 1 Sit-Up, 2 Air Squat, 2 Burpee, 2 Sit-Up, 3 Air Squat, 3 Burpee, 3 Sit-Up, etc.... for 5 minutes

90 seconds rest

5 min: Repeat drill but try to improve original score

90 seconds rest

5 min: Repeat drill for best score!

Air 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. 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. With practice, gradually increase range of motion.

Burpee



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.

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, let shoulder blades just barely clear the floor until spine is curled to about a 45-degree angle.