

STRENGTH COUNTDOWN

Equipment Needed: Workout Mat, 10-25 lb Dumbbells

In this workout, you will complete 3 rounds that include an agility movement, followed by 3 different strength exercises. Complete the agility movement at the beginning of every round. Then starting at 10 reps, complete all 3 strength exercises in the round. Repeat from the top, including the agility movement, but decrease the strength exercise by 2 rep counts until complete (10,8,6,4,2). Agility movement reps do not decrease. Once you have completed 10, 8, 6, 4, 2 reps of each strength exercise in round 1, move on to round 2.

Duration: 20-30 minutes

Workout:

Round #1:

Agility Movement: (20) Quick / Fast Jacks

Strength Exercises:

- (10) Dumbbell Snatches - HC
- (10) Push-Ups
- (10) Single Arm Plank Rows - HC

Round #2:

Agility Movement: (30) Fast Feet - HC

Strength Exercises:

- Lawn Mower Rows - HC (Heavy DB)
- Single-Arm Chest Press (Heavy DB)
- Spiders (i.e. high plank, pull same knee outside to same side elbow)

Round #3:

Agility Movement: (40) EC Lateral Hops

Strength Exercises:

- Upright Row
- Weighted Squats (i.e. 3 sec pause at the bottom)
- Curl Presses

