

10-20-30



This is designed to be a cardio-by-resistance workout. It will get and keep your heart rate up without the tedium of slogging out miles on a treadmill.

Instructions:

1. Warm-up: Full body. Controlled movement to the full range of motion in each joint without stretching. Do 20 or so reps of some cardio type stuff like Jumping jacks or Jumping Rope. Maybe a little jog just to get your heart rate up.
2. Start at the top, do the prescribed exercise for the listed number of reps.
3. Feeling saucy? Do each set of exercises twice.
4. Cool down and stretch out.

Reps	Exercise
10	Push-ups
20	Air Squats
30	Flutter Kicks

10	One Legged Dead Lift
20	Rolling Ts
30	Speed Skaters

10	Walk Outs
20	Kicking Crabs
30	Mountain Climbers

10	Flipping Crabs
20	Pledge Planks
30	Jumping Jacks

Options:

You can replace these exercises with pretty much anything else. The idea is to be similarly tired at the end of each exercise. So the 10 rep exercise should be considerably harder (like 3 times harder) than the 30 rep exercise.

Exercise Descriptions

A video of the workout and all the exercises is on the Black Dog Fitness YouTube channel.

Push-ups (or Earth Downs) Good, old fashioned push-ups. Trainer Tip: Keep your core strong to keep your back from sagging through. Modifications: Easier: Put your knees down, put your hands on a seat or counter top. Harder: Put your feet higher like on a step or bench.

Air Squat: From standing, do a squat. Return to standing. Trainer Tip: Keep your core strong and back straight and start by pushing your hips back like you are going to sit on something behind you. Modification: E: Don't go down as low. H: Hold something heavy.

Flutter Kicks: On your back with your legs straight out and your back neutral and head down, alternate kicking your legs (stiff legged) about 10 inches off the floor.

One Legged Dead Lift: From standing, raise one foot about an inch off the floor. Hinge down to touch the floor with both hands while pushing that raised foot back behind you. Keep it about an inch off the floor and really push it back there to help leverage your body.

Rolling Ts: From the high push-up position twist to raise your right hand up to form a sideways T with your body. Pause for a second, then return to the push-up position. That is one rep. Alternate arms. Trainer Tip: Keep your abs tight so you don't sag through or stick your butt up. You want a straight line from your shoulders to your heels the whole time. Modification: Wider feet makes this easier. Closer = Harder.

Speed Skaters: Standing, jump laterally 4 to 6 feet away and land soft on one foot. Spring back over to the other foot. Do your best to look like a speed skater (lean over, flat back, raise the opposite foot behind you, stare forward menacingly).

Walk Outs: From standing, bend down to put your hands on the floor, walk your hands out to the plank position, walk your hands back, stand back up. That is one. Trainer Tips: Walk all the way back to a squat position to keep your back straight and core strong to prevent constant bending in your lower back. Modification: H: Do a push-up when you hit the plank position.

Kicking Crab: From the crab stance (face up, feet flat on the floor, hands on the floor behind you, butt off the floor), kick one foot out as high as you can. *Trainer Tip:* Kick a leg straight forward so you have to tighten your abs. Slightly bend your elbows to prevent stressing or hyper extending them. *Modification:* E: Put your butt down. H: Reach to touch your toe with your alternate hand.

Mountain Climbers: From the high push-up position, pull one knee into your chest. Return to plank. Pull the other one up into your chest. That is one rep. Trainer Tip: Keep your shoulders at 90 degrees to make your feet "light". Modifications: E: Hands on a bench, counter or the wall. Harder: Go fast!

Flipping Crab: From the high Push-up position, flip over to the crab stance without touching your butt down. That is one. Flip back over to plank position. That is two.

Pledge Planks: From the high push up position, touch your right hand to your chest (like you are doing The Pledge). Return to plank. Now the Left. Trainer Tip: Work to keep your hips and shoulders level and stable. Don't slosh around.

Jumping Jacks: Just like the good old days. Standing, hands by your side, jump your feet apart and simultaneously raise your hands overhead. Jump your feet together and bring your hands back to your side with a dramatic slap. That is one. Repeat as needed.