

10 to 1 circuit

Part 1

Strength Portion

Exercise#1: Pushups 2,4,6,8,10

Exercise#2: Air Squats 2,4,6,8,10

Set a clock for 8 minutes. Do 2 pushups, then 2 air squats. Then 4 of each, then 6, 8, 10.

If you still have time, start over again at 2. Keep going until you run out of time.

Part 2

Objective: complete the descending progression from 10 reps to 1 as quickly as possible. Track your time!

Exercise#1: _____ x10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Exercise#2: _____ x10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Exercise#3: _____ x10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Exercise#4: _____ x10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Exercise#5: _____ x10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Do 10 reps of exercise #1, then do 10 of #2, then 10 of #3, 10 of #4, 10 of #5. Then start at #1 again and do 9 reps of each.

Then 8, 7, 6, 5, 4, 3, 2, 1, 0. Keep doing this until you have completed all reps.