

TOTAL BODY: 30:00 PUSH UP - LOW ROW - MULTI-JOINT LEG - ABS

Overview: A 30:00 total body workout that alternates push ups, body wt. low row, a multi-joint leg and an abdominal exercise for as many repetitions possible. The key is to do each exercise to volitional muscular fatigue (or to the point where you cannot tolerate further fatigue), then move to the next exercise and continue rotating the exercises to accumulate as many repetitions possible in the 30-minute period.

Approximate time to complete: Approximately 30:00

Workout specifics:

- > Do the exercises in the order listed: push ups --> body wt. low row --> multi-joint leg --> abdominals (then back to push ups).
- > For the multi-joint leg exercise, choose any multi-joint resistance exercise such as a squat, dead lift, leg press, or lunge that allows for around 15 repetitions.
- > For the abdominal exercise, again there is a long list to choose from. Crunches, sit ups, bicycle crunches, medicine ball ab variations, or machine abs.
- > RECORD THE MULTI-JOINT LEG AND ABDOMINAL EXERCISE CHOSEN ON THE WORKOUT RECORDING FORM.
- > Minimize rest time between exercises and accumulate as many repetitions possible for each exercise.
- > Record all repetitions performed and attempt to do more repetitions each succeeding workout.
- > The body wt. low row can be performed (1) from a barbell set in a power rack at bench press-height, (2) with the TRX suspension device, or (3) with any object that allows a pull up from the ground-lying position.
- > Whatever exercises are used, make note of them and record all repetitions achieved (using good form and being safety conscious).

Exercise order:

Push Ups x maximum repetitions

Body Wt. Low Row x maximum repetitions (TRX, chest-to-bar, ground pull ups)

Multi-joint Leg x maximum repetitions (Squat, leg press, dead lift)

Abdominals x maximum repetitions (Any ab exercise...knock yourself out)

(repeat above sequence for 30 minutes)