

Spring 2021 – Challenging 3 x 5 Workout

Is it time for you to try a different style of workout? Have you been doing interval training or HIIT for months? Give your muscles a wake-up call with this challenging workout. Try this combination of exercises divided into 3 sections, lower body, core and upper body. Run through the 5 exercises in each section 3 times before moving to the next section. Intervals are 40 secs work/20 secs rest. The **rest** part is very important, do not skip it. Do a full 10-minute warmup before trying this longer workout. * Go at your own pace with speed and intensity/resistance and consult a physician first before beginning any exercise program.

LEGS

1. Alternate rear lunges, pass 1 wt to other hand when you step forward, touch floor with wt
2. Mini squat jumps, feet barely leaving the floor each time
3. One leg deadlift. With a band under front foot, hold in hand on same side, other foot slightly behind
(if you don't have a band just hold a wt in one hand)
4. Sumo wide leg squat, hold heavy wt in goblet position, keep body straight
5. Glute bridge with band, lift hips and open knees, repeat (put weights on hips if you don't have a band)

**Repeat this section 2 more times*



CORE

1. Wide leg plank, drag wt across -lateral- to other side, switch hands and drag the wt back to start
2. Seated Russian twist, feet flat, hands on outside of dumbbell, slow reps while leaning back
3. Bicycle, elbow to knee twist, slow reps
4. Sit up holding wt overhead by the outside of dumbbell, put your head to the mat each rep
5. Reverse curls

**Repeat this section 2 more times*

UPPER BODY

1. Standing double bicep curls, W or wide curls alternating with hammer curls
2. Bent over row, really bent over, squeeze shoulder blades, both arms at same time
3. Superman push-ups. 1 push-up then face down lift/extend both legs and arms up, repeat
4. Kneeling tricep extensions (chicken wing), one leg up, straight behind you. Hold body still
5. Repeat other side tricep extension

**Repeat this section 2 more times*

Yeah, you finished the challenge! Take 5 to 10 minutes to stretch all your muscles and cool down. Incorporate this workout once a month to shake up your routine. Substitute other exercises if you prefer them.