

U-ExCEL Countdown Workout Week #10

Directions: Perform 10 repetitions of the six exercises below, then 9 repetitions of each, 8 repetitions, etc. until you get down to 1 repetition of each exercise. Have Fun!!

10 Cross Mountain Climbers
10 Seated Chest Press
10 Neutral Crunch
10 Squat + Overhead Press
10 Dying Bug
10 Seated Jacks

5 Cross Mountain Climbers
5 Seated Chest Press
5 Neutral Crunch
5 Squat + Overhead Press
5 Dying Bug
5 Seated Jacks

9 Cross Mountain Climbers
9 Seated Chest Press
9 Neutral Crunch
9 Squat + Overhead Press
9 Dying Bug
9 Seated Jacks

4 Cross Mountain Climbers
4 Seated Chest Press
4 Neutral Crunch
4 Squat + Overhead Press
4 Dying Bug
4 Seated Jacks

8 Cross Mountain Climbers
8 Seated Chest Press
8 Neutral Crunch
8 Squat + Overhead Press
8 Dying Bug
8 Seated Jacks

3 Cross Mountain Climbers
3 Seated Chest Press
3 Neutral Crunch
3 Squat + Overhead Press
3 Dying Bug
3 Seated Jacks

7 Cross Mountain Climbers
7 Seated Chest Press
7 Neutral Crunch
7 Squat + Overhead Press
7 Dying Bug
7 Seated Jacks

2 Cross Mountain Climbers
2 Seated Chest Press
2 Neutral Crunch
2 Squat + Overhead Press
2 Dying Bug
2 Seated Jacks

6 Cross Mountain Climbers
6 Seated Chest Press
6 Neutral Crunch
6 Squat + Overhead Press
6 Dying Bug
6 Seated Jacks

1 Cross Mountain Climbers
1 Seated Chest Press
1 Neutral Crunch
1 Squat + Overhead Press
1 Dying Bug
1 Seated Jacks