



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

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

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

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

7 Seated Jacks