

Health with Friends

Full Body Met Con 7x3

You will be working for 21 minutes straight during this workout. You'll set your timer for 21 one minute intervals. The next exercise starts immediately after the previous exercise ends. It is a circuit of 7 exercises performed 3 times through for a total of 21 minutes.

This workout is considered Rest Based Training. The idea behind Rest Based Training is that you push as hard as you can until you can't – then rest. Once you can start working again, continue.

Equipment Needed:

- 2 medium to heavy hand weights
- Mat
- Jump Rope (optional)

Exercise	Weight
Walkout to Negative Push-Up	
Curtsy Lunges	2 medium to heavy hand weights (optional)
Jump Rope	(other options are Jumping Jacks, Side to Sides, or another cardio movement)
SLDL/Bent Over Row	2 medium to heavy hand weights
Glute Bridge	
Corpse Sit Up	
Irish Jig	

Note:

- Please feel free to substitute another exercise in place of Jump Rope. A few suggestions are [Jumping Jacks](#), [Side to Side](#), Skaters