STAFF WORKOUT

JOSH

THE IRON ELF CHALLENGE

Do the 3 exercises in sequence, with as little rest as possible between. Rest a 30 – 90 seconds and go on to next 3 exercises.

Mountain Climber

30 seconds as fast as possible. Keep knees low.

Push-up

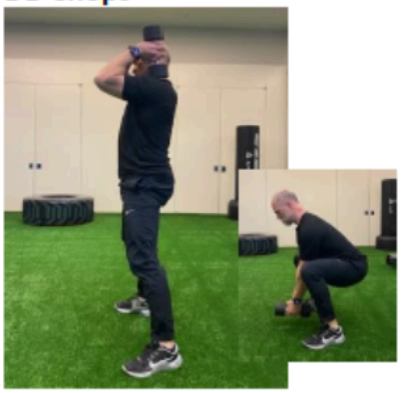
Max push-ups—to exhaustion. Elevate feet to increase difficulty.

DB Bent Row

Eyes forward, knees bent, upper back flat. use a weight that only allows 10-15 reps.

On the weight exercises—use a challenging weight that allows you to maintain control of the reps until the very end.

DB Chops



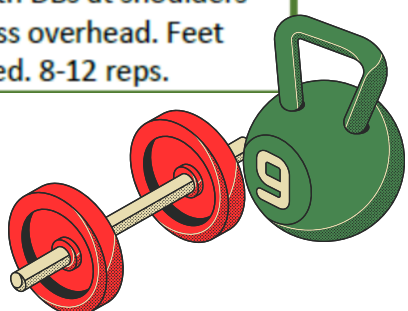
Use a moderately heavy DB. Bring DB from floor to shoulder in one move. 20 reps.

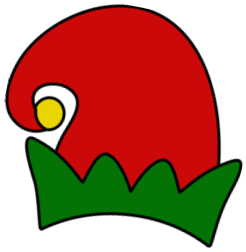
DB Front Squat

Use DBs with a weight that only allows 15-20 reps.

DB Military Press

Start with DBs at shoulders and press overhead. Feet staggered. 8-12 reps.



Keep your abs engaged on all exercises and be sure to breath rhythmically along with the movements.

Burpee	Back Lunge + Curl	V-up
10-15 as fast as you can. Take out the push-up to make easier.	Done with DBs. Lunge, curl, lunge, curl. 8-12 reps.	Abs tight, legs straight, hands meet feet over the hips. Bend knees to make easier.