



Royally Fit: 25 Minute Sweaty Mess Session

25 Minute Sweaty Mess

Grab your weights and get ready to be a sweaty mess, because this pyramid workout is not only going to work your cardio, but all your major muscle groups so you're burning calories for hours to come! The second part is challenging but doesn't get you burning calories like the first part. Today this will only take 25 minutes of your time. Let's do this!

What you will need:

- Dumbbells

Warm-Up:

- Simulated jump rope + burpees along with alternating backwards lunges and squats

Workout: Today we are doing a pyramid style workout completing each exercise for 10, 20, 30, 20 and then 10 reps for a total of 5 sets of each one.

- **Criss-cross tuck jump** – Think of doing a jumping jack, but instead of your feet meeting, they cross in-front and behind each other. Do this twice, and then complete 1 tuck jump by jumping high and 'tucking' your knees towards your chest. ALWAYS land low and soft on your knee joints by sinking into the landing adding some 'suspension' into your knees.
Modification: If you want to skip the jumps or need a break, do two side to side steps plus one knee lift and squat. Alternate which knee you lift after every squat.
- **Squat and pivot**– Taking your feet nice and wide with your toes slightly pointing out, complete 2 squat pulses, and then pivot to the right into a lunge position (make sure both feet completely pivot and your hips are turned towards the side of the room to ensure good positioning), and then complete two pulses here before you return back to the center for a squat. Repeat on the left side and then alternate back and forth until you're done!
- **Table top or high plank back rows** – Holding a weight in each hand, first set up in table top position with your hands directly underneath your shoulders, and your knees directly underneath your hips. From here, you're going to pull your abs in nice and tight, flatten the back, and the alternate lifting your elbows up in a rowing position to get a nice contraction through your mid back.
Modification: If you would like to do a more advanced version, you can do this on your toes in high plank position, but ONLY if you can maintain good form. Do not do it if your hips are piking up and you're not in alignment.
- **Chest fly's with leg raises** – Starting with your feet above your hips pointing towards the ceiling, and your hands above your chest with your palms facing each other, you're going to keep your elbows slightly bent as you open your arms for a fly, bringing them down as low as you can. At the same time, you can drop both legs towards the ground for some great ab work but ONLY if you can maintain contact with your lower back on the ground.
Modification: If you cannot maintain contact with your lower back on the ground, you can instead place your feet on the ground hip distance apart and then leave your hips on the ground or lift them up towards the ceiling. Up to you!!

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Get sweaty!
ashley dale grant