



## 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