

New Year's Eve Countdown Workout

Countdown from 20 to 1

Focus: Full Body

Need: 5-8# bells

[YouTube Video](#)

- 20 jacks / 20 sec squat + pulse / 20 jacks
- 19 sec [tricep pulses](#) 5#
- 18 [squats](#) with double [bicep curl](#) 5-8#
- 17 [overhead shoulder press](#) 5-8#
- 16 sec sumo squat & hold (elbows to knees)
- 15 [hammer curl](#) 5-8#
- 14 [sumo squat rows](#) 5-8# (bell sideways)
- 13 [arnold press](#) 5-8#
- 12 [alternating lateral lunges with upward row](#) 5-8#
- 11 [crunches](#)
- 10 chest press with elevated bent legs 5-8#
- 9 [rotational crunches](#) (ea side)
- 8 [quadruped alternating row](#) 5-8# (ea side)
- 7 [kneeling rockbacks](#)
- 6 [W sit ups](#)
- 5 inchworms
- 4 double jump squat jumps (5 sec squat & hold between)
- 3 rounds [mcgill crunches](#) (5 sec holds)
- 2 plank ups or modified push-ups
- 1 [glute bridge hold](#) (30 sec)



Complete series 2X