

# QUANTUM LEAP | REP fit 3 (standing) • Mini Workout



<b>DURATION</b>	4 minutes
<b>MUSCLE FOCUS</b>	triceps, quads, hamstrings, glutes (buttocks)
<b>BENEFIT</b>	general strength, daily tasks
<b>DIFFICULTY</b>	intermediate
<b>EQUIPMENT</b>	stable chair, watch / stopwatch / clock to monitor seconds

This routine is a great short cardio workout, and will increase your heart rate.

## WORKOUT INSTRUCTIONS

- Perform each exercise for 20 seconds.
- Allow 10 seconds of rest between exercises
- Repeat the pair of exercises four times (8 exercises in the total sequence)
- (For extra credit, perform each exercise for 30 seconds)

## Lunge

🕒 20 seconds

1. Standing, place your arms by your sides or on your hips.
2. Take a large step forward, bending your knee to ~90 degrees lowering your hips while keeping your trunk upright.
3. As you lower down ensure your front knee doesn't travel over your foot and keep your knee in line with your front foot.
4. Return to standing position and alternate.



## REST

🕒 10 seconds

## Tricep Dips with Chair

🕒 20 seconds

1. Sit on a chair and place your hands on the arms of the chair.
2. Move your hips slightly forward towards the edge of the chair.
3. Lift your body and buttocks off the seat of the chair by straightening your elbows.
4. Bend your elbows to lower your body to the seat of the chair.



## REST

🕒 10 seconds

*This workout is designed to improve personal fitness and wellbeing. If you chose to participate in this workout, you understand that you are doing so voluntarily, you certify you can perform the physical exercise, you understand the risks involved, and you fully acknowledge the Terms of Service outlined on our website at <https://simplimove.health/terms-of-service/>*