

Countdown to Christmas Workout

(Go through once, or maybe Twice!)

- 25 Jump Squats
- 24 Rev Lunges (12e)
- 23 Goblet Squats
- 22 Plank Shifts
- 21 Seal Jacks
- 20 Skull Crushers
- 19 Pulsing Sumo Squats
- 18 Running Man
- 17 Tricep Ext
- 16e Screamers
- 15 Plank Jacks
- 14 Curl to Press
- 13e Side Plank Hip Dip
- 12 Around the World
- 11 Leg Lifts
- 10e Single Leg Deadlift Reach
- 9 Seated Tucks
- 8e 3 way curls
- 7 Thrusters
- 6 Tricep Push Ups
- 5 Burpees
- 4 Min Tabata (mt climbers & Jumping Jacks)
- 3 Walkout Push Up
- 2 Min Wall Sit
- 1 Min Plank

Christmas Tree Decorating Workout

(Every time you hang one of the ornaments below do the exercise that goes with that ornament)

- Circle Ornament: 3 jumping Jacks each
- Animal Ornament: 5 Squats each
- Kids Ornament: 10 High Knees or Knee Strikes
- Character Ornament: 10 Crunches
- Santa Ornament: 5 Push Ups
- Special Ornament: 15 Calf Raises
- Light Up/Music Ornament: 30 sec plank

Christmas Crunch Workout

(Complete each circuit)

12 Roll Up Russian Twist
25 Dolphin Plank
3x

12 Elevated Ankle Touches
25e DB Obliques
3x

12 Double Crunch
25 Kneeling Figure 8
3x

25 Days of Workout

(Perform workout one time through)

25 Squat
25 Hammer Curls
25 Russian Twist
25 Kickbacks
25 Bridges
25 Toe Touch Crunch
25 Skater
25 Double Crunches
25 Push Ups
25 Wallsit Calf Raises
25 Bicycles
25 Jump Squat
25 Low Rows
25 Diamond Crunch
25 Skull Crushers
25e Clamshells
25 Burpees
25 Ski Jumps
25 Ankle Touches
25 Lunges
25 Shoulder Press
25 Leg Press
25 Mt Climbers
25 Touchdowns
25 Plank Taps

12 Days of Christmas

(This should be completed just like the song. Perform the exercise(s) for 1, then go to 2, then back to 1, then go to 3, then back to 2 & 1 until you have completed all 12 moves)

- 1 Set of 10 Plank Jacks (can use a chair to modify)
- 2 sets of 10 Star Jacks and 4 Ski Ski Squat
- 3 Single Single Double Rev Fly
- 4e Side lunge to Curl
- 5 Burpee Star Jump (can use a chair to modify)
- 6 Deadlift w/Curl
- 7 Lateral Hop 4 Punches
- 8e Bicycle Oblique
- 9 Tricep Dips or Kickbacks
- 10 Running Man or Alt March Crunch
- 11e One Arm Row
- 12 Burpee To Press or Thrusters

Cookie Crusher workout

(go through this workout 3-4x)

- 50 Air Squats or Jump Squats
- 40 Crunches
- 30 Burpees w/Front Kick
- 20 Dips
- 10e Ski Ski Squat
- 20 Pulsing Push Up
- 30 Alt Toe Touch
- 40 Mt Climbers
- 50 Chair Bridges

Christmas Tabata

(Tabatas are 20 sec on for a move, followed by 10 sec of rest 8x. Perform each circuit before moving to the next. You will perform each movement 4x)

- 1) Knee Strikes & Squat Hold w/Ankle Touch
- 2) Jump Lunges & Screamers
- 3) Plank Jacks & Boat Pose
- 4) Lateral Hop Jump & Jump Squats

Christmas Movie Workout

(We all love watching Christmas movies, so when you watch your favorites during this challenge perform the exercises that correlate to the events in the movie)

Someone Doubts the existence of Santa: 10 Tricep Push ups
Big city person transported to a small town: 10e Jackknifes
Newcomer partakes in an old family or town tradition: 10 squats
Hot chocolate, apple side or eggnog: 15e Power Skips
Near-miss kiss- 60 sec wall sit
Love Triangle: 10 Side Lunges
Ugly Holiday Sweater: 15 Jumping Jacks
Christmas caroling: 10 Push Ups
Tree Farm: 30 sec plank
Christmas Baking: 30 Scissor Crunches
It Snows: 5 Burpees
Snowball fight or snowman building: 30 Mt Climbers
Ice skating or Sledding: 10 Touchdowns
Main Characters Finally Kiss: Explosive Stars
Anytime you hear a Christmas song: Overhead Jacks

Cookie Baking Workout

(while baking cookies or another treat, perform the following exercises each time you perform the following tasks)