

Countdown to Christmas Workout

- 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

- 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

- 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

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

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

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

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

Christmas Movie Workout

Someone Doubts the existence of Santa: 10 Tricep Push ups
Big city person transported to a small town: 10e Jackknives
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