

12 DAYS of CHRISTMAS CHALLENGE



Thursday, December 26th

Well, I hope you all had a great day yesterday. I'm sorry to break it to ya, but Christmas is now over – it ain't called Christmas DAY for nothin'. So now it's time to embark on this *Challenge*...

Today's your first workout and how nice of me to make it something that you can do in the comfort of your own home in your jammies.



12 Days of Christmas (Workout #1)

WHAT'S NEEDED: stopwatch, pen and paper (*or something to record your final time*).

INSTRUCTIONS: *This is a TIMED workout so get your stopwatch ready.* Familiarize yourself with the workout and the exercises to be performed. Move through the exercises at a steady pace, in the order prescribed and for the number of repetitions noted. Take as little rest as possible (but as much as you need), remembering that the clock is ticking!

⚠ WARNING: if you feel lightheaded, dizzy or nauseous at any stage, please stop.

Ready... set... go!

REP'S	EXERCISE
12	Forward Lunges (<i>on each leg</i>)
11	Mountain Climbers (<i>on each leg, so really it's 22 total repetitions - sneaky I know!</i>)
10	Push-Ups (<i>can be done from the toes or from the knees depending on your ability level</i>)
9	Undertaps (<i>on each side</i>)
8	Burpees
7	Cross Crawl (<i>from the toes</i>)
6	Twisted Side Planks (<i>on each side</i>)
5	Close Grip Push-Ups
4	"There-and-back" Long Jumps (<i>be careful if you're jumping on carpet or wooden floors</i>)
3	Inchworm Walk-outs
2	Dozen Jumping Jacks (<i>that's 24 of the buggers</i>)
Stop your stopwatch, RECORD YOUR TIME and finish off the workout with:	
1	Minute of Plank

DONE! See you bright and early tomorrow.

