

Holiday Workout

12 Days of Fitness

“Drop Your Holiday



Socks Off Style”

Start with the 12 reps of jumping jacks, then move down to 11 reverse crunches. Go all the way through until you get to 1. Come back up to the top of the list but “drop off” the 12 reps and start with 11. Go all the way down the list, and then back up “dropping off” 12 and 11 and start with 10 reps. “Drop off” the top, moving down the list until you are left with only 1 rep alone!

12 Jumping Jacks

6 V-Ups

11 Body Squats

5 Pushups

10 Alternate Lunges

4 Burpees

9 Triceps Dips

3 Mountain Climbers

8 Hip/Glute Bridges

2 Donkey Kicks

7 Reverse Crunches

1 Walkout-Pushup

Exercise Descriptions:

