



12 Workouts To Help You Stay Healthy During The Holidays

1	AMRAP7 Burpees (as many burpees as you can do in 7 minutes)
2	Climb the mountain 10 Burpee 20 Air squat 30 Mountain climbers 40 Jumping air squat 30 Mountain climbers 20 Air squat 10 Burpee
3	Long Cycle Burpees 30 rounds of: 1 squat 1 push-up 1 situp 1 superman 1 tuck jump
4	5 rounds of: 50 mountain climbers 25 sit-ups
5	3 rounds of: 20 push-ups 30 sit-ups 30 flutter kicks
6	3 rounds of: 40 squats 30 lunges 20 push-ups
7	Max time plank x3
8	EMOM 12 Pike Push-up Bulgarian split squat Hollow hold 30 sec
9	Max time side plank x2 each side
10	Use the longest straight way through your home/ vacation home 4 rounds Crab Walk one way Bear Crawl back
11	4 set max pullup (use some stairs or a tree if you don't have a pull-up bar of some kind)
12	4 laps of lunges around your house or vacation home