



HOLIDAY RESOURCE GUIDE PART 2

As promised, here are the workouts that will help get you through the holidays feeling lean and energized! These workouts can be done anywhere with no equipment, so no excuses!

If you need motivation, stop by the box for a workout! **We will have FREE workout on Thanksgiving Day at 8am.** Bring a non-perishable food item for donation. We will also have some FREE workouts in December! So, members bring your friends! If you are not a member and don't have a friend who is, you can come too! Just email or call to let us know you are coming!

December FREE workouts:

Thursdays at 6:30pm
Dec 5, 12, 19

Saturdays at 11am
Dec 14, 28

Holiday Physical Challenge

In addition to the workouts included in this packet, you can participate in our Holiday Physical Challenge!

We have attached a **SCORE SHEET** on the last page of this packet to help you keep track of your progress.

When: Monday December 2nd- Friday January 10

What: perform sit ups every day, push ups on odd days, and squats on even days.

Where: Anywhere!

Example:

Day 1: 1 sit up, 1 push-up

Day 2: 2 sit-ups, 2 squats

Day 3: 3 sit-ups, 3 push-ups... Day 49: 49 sit ups, 49 push ups,
end on Day 50: 50 sit-ups, 50 squats

Got it? If you forget a day, you have to make it up!

YOUR MISSION:

To help remind us of the hard work it takes to get through the holidays without losing sight of our health and fitness goals by participating in our Holiday Physical Challenge! Keep your eyes on the goal and maintain daily movement during this chaotic season.

Stay focused, be diligent and schedule these mini workouts into your day. Take some pictures and post them to show us that you are keeping your health and fitness as a top priority.

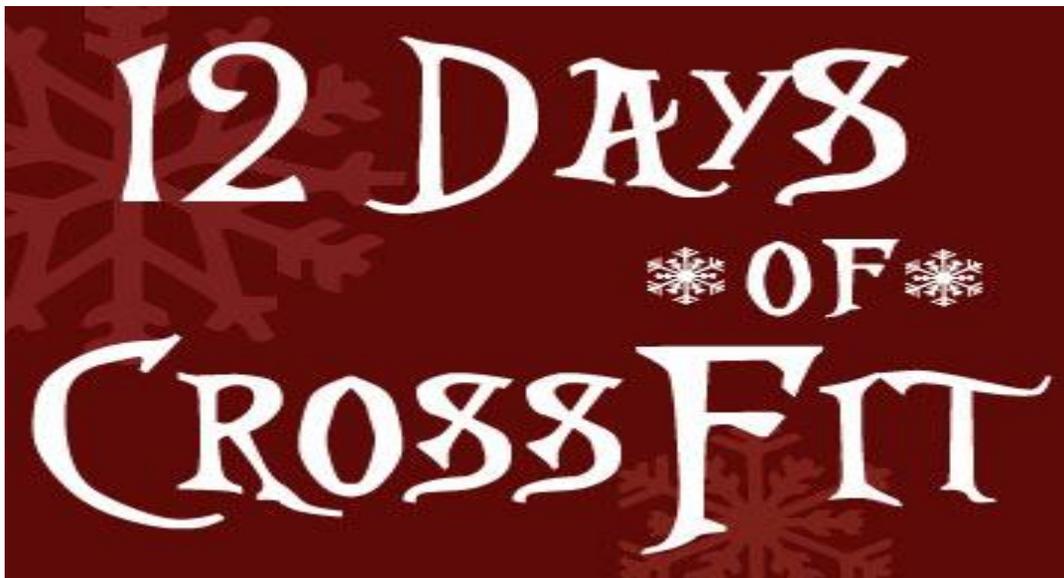
THE WORKOUTS

All of these workouts can be accomplished in about **20 minutes or less** (no time excuses) and require no equipment.

The way it's broken down is the workout is named, the standards are explained, and if you need to modify or scale, there are suggestions for that as well. Finally, for those of you *hardcore* people, we have ways that you could make it more challenging.

There is also a glossary at the end for some items that may require further explanation. Google or Youtube is also useful for this.

Please stretch and warm up as needed prior to all activities for at least 10 minutes. Some of these workouts may be too challenging to complete so **listen to your body and stop where you need to**.



#1

Workout: Max Effort Pushups.

Breakdown: Complete as many pushups as possible in one unbroken set. The moment any part of your body other than your hands and feet (or knees if that is your starting standard) rest on the ground the set is over. Record your "score" of push ups completed. You can rest and repeat this wod a few times.

Standards: Chest touches the ground (ideally) before stomach, arms locked out at the top. See the glossary for more details.

Scale: Do from your knees.

Make it more challenging: Pick a person to go head-to-head with and see who lasts longer. Do three times, resting exactly 2 minutes between sets.

#2

Workout: 400 walking lunges.

Breakdown: Use a stopwatch or some way to time yourself. Manage your work to finish as quickly, with good form, as possible. Remember to keep your shoulders above your hips when lunging. Keeping count may be difficult.

Standards: Take a big step forward so that the knee is in line over the ankle. If you step too small, the knee will go beyond the ankle. Back knee kisses the ground every rep.

Scale: Do 300, 200, or 100.

Make it more challenging: Do as many lunges as you can without a rest. If you get 400, give yourself a high five.

#3

Workout: Burpee Ladder.

Breakdown: Do 1 burpee the 1st minute 2 the 2nd minute 3 the third, until you can no longer perform that number in that minute. Your score is how far you get in minutes. For example, if you get to 13 minutes and can't go any further, that's your score.

Standards: See glossary.

Scale: Do every-other minute.

Make it more challenging: Jump over an object, after each rep, 12 inches in height or jump to have your hands touch something 1 foot above your standing reach with arms extended.

#4

Workout: Run for 10 minutes then turn around and go home.

Breakdown: Try to go as far as possible in 10 minutes in one direction (a mile, mile and ½ or more) then go back.

Standards: One foot in front of the other.

Scale: Run/walk as needed.

Make it more friendly: Invite someone to run with you and go at a pace that allows you to talk. If you cannot talk, you're probably going too fast.

#5

Workout: 10 rounds of 30 second plank hold, V- up, squat.

Breakdown: Using a continuously running clock, do 30 seconds in a plank hold, then 30 seconds in a V-up, then 30 seconds in a squat. Attempt to do all 30 second periods unbroken and transition as quickly as possible from one movement to the next. Use something to keep track of your rounds, like a piece of paper and a pen. This workout will take 15 minutes total to accomplish.

Standards: Plank - hands firmly planted on the ground just outside shoulder width, body straight in a pushup position. V-ups - sitting on the ground, balance on your butt (legs extended and off the ground, upper body also off the ground), midsection tight. Squat - crease of hips must be below the level of knees.

Scale: Plank - elbows on floor. V-ups - engage your midsection, this could be done with legs extended and arms reaching up as far as possible forcing your shoulder blades off the ground. Squat - if you're limited by flexibility squat to a chair with your butt barely touching.

Make it more challenging: Start and stop the clock at each movement to get a full :30 seconds of work and the only "rest" is the time it takes to move to the next movement.

#6

Workout: 200 tuck jumps

Breakdown: Think about being springy like a pogo stick, bounding off the ball of the foot, then tucking your knees up at the top of the movement.

Standards: Feet leave the ground at the same time, when in the air, both knees must rise above the hips.

Scale: do 100 or 50 reps.

Make it more challenging: Have a friend keep count and use their extended arm as a height target above your sternum forcing you to touch his hand with your knees with each tuck jump to count.

#7

Workout: PT Test - max pushup, max sit up, 1 mile run.

Breakdown: Recording each effort, one attempt with unbroken pushups and sit ups. Rest exactly 1 minute between movements. Time yourself on the run.

Standards: Same as above for pushups. Sit ups - see glossary. Your sit up set is done when you stop the rhythm and rest on the ground between reps.

Scale: Pushups from knees, sit ups could be 10 inch straight leg raises from the prone position and run ½ mile.

Make it more challenging: No rest between movements.

#8

Workout: 200 squats for time.

Breakdown: Start the clock and bust out 200 squats. Rest as needed but the clock still runs.

Standards: The crease of your hip must go below the level of your knees at the bottom of your squat. When standing, the hips must be fully open.

Scale: 100 squats.

Make it more challenging: Try not to stop until you get past 50 and take breaks only a total of 3 times before reaching 200.

#9

Workout: Stretch.

Breakdown: Use Youtube to find Yoga or stretching videos.

Standards: Stretch the entire body for a total of 20 minutes.

Scale: none.

Make it more flexible: watch any video here: <http://mobilitywod.blogspot.com/>

#10

Workout: "The Vortex"

Breakdown: With a continuously running stopwatch, run 1.5 miles. At each minute mark, alternate between 10 jumping lunges (one rep is both left and right) and 10 push ups (so at minute 1, do 10 jumping lunges, minute 2, 10 push ups, etc). Continue in this fashion until either you have finished 1.5 miles, or you get "Vortexed" (have no time to run after finishing your lunges or push ups).

If you finish, your time is your score. If you get Vortexed, your time at the Vortex and your distance completed is your score.

Standards: 1.5 miles, see pushups and lunge standards above

Scale: 1 mile, 5 jumping lunges and 5 pushups.

Make it more challenging: Vortex +1 or +2... do 11 jumping lunges and 11 pushups or 12 and 12.

#11

Workout: A gallon + 500 step-ups.

Breakdown: With a continuously running clock, complete 500 step-ups while holding a full gallon of water overhead with one arm. Alternate the leg that steps first and steps back down. You may switch hands holding the water as needed. Record the time it takes to complete.

Standards: Box must be above 10 inches in height. Must be a full gallon of water. Arm must be locked out straight overhead.

Scale: Any size step. Don't hold anything.

Make it more challenging: Use a 12 inch box or higher and use 2 gallons (or a moderately heavy weight) of water, each being held at the same time, one in the left hand and the other in the right hand, overhead. Every time you stop to rest do 10 sit-ups. The clock doesn't stop when you do your "rest work" sit-ups.

#12

Workout: 1.5 mile run + burpees

Breakdown: With a continuously running clock, run ½ mile, stop and perform 20 burpees. Do this 3 times. Record the total time.

Standards: 1.5 miles. See glossary for burpees.

Scale: Just do the run.

Make it more challenging: Double the burpees (40 total) to be done at each ½ mile.

GLOSSARY +

Below is a glossary of terms with their explanation.

"The Push up"

Lie down on the floor on your chest, place your hands shoulder width apart on the ground with your toes on the floor on the balls of your feet. Push your upper body away from the floor while squeezing your core. Locking your arms out at full extension and lowering back down until your chest touches the deck/floor. Press back up and repeat. Perform these from your knees or on a wall to scale.

"The Squat"

Stand with your feet slightly outside of your hips and your feet firm and flat on the ground. Slowly push your hips and butt back and down towards your ankles while pushing your knees out wide and raising your arms up above your shoulders. Concentrating on form and proper technique, we want to ensure safety and efficacy through each movement. Keep your head, chest and shoulders vertical emphasizing the maintenance of the lumbar curve.

"The Burpee"

From a strong standing position, squat down and jump into a pushup (dropping down as fast as possible). Touch your chest to the ground and explode up off the ground back into a squat. Next, stand and jump off of the ground while clapping your hands

over your head.

“The Jump Rope”

Hold one end of the handle in each hand comfortably and not too tight. Step over the rope so it is behind your ankles. Rotate both handles forward while jumping off of the ground so that the rope swings under your feet. Keeping your arms at 90 degrees and close to your body, rotate your wrists forward as fast as you can jump and repeat. This exercise can also be done without a rope.

“The Sit-up”

Lying on your back, bend your knees with your feet flat on the ground. Cross your arms and lift your head, neck and shoulders off the ground until your elbows cross the top of your knees. Lower yourself back down until your shoulder blades touch the ground. Then repeat. You can also place the bottoms of your feet together and let your knees drop to the side. This is called a butterfly and will take your hip flexors out of the movement, making it harder.

BONUS SECTION!!

- I. **Walk.** Get up and get outside. Pick up a couple of those recyclable grocery bags and head out to the farmers market, or a movie. If you are eating out, pack your seeds, nuts or jerky. Ask for all dressings on the side and double veggies instead of fries or potatoes.
- II. **Compete.** It brings the best out in everyone, especially when you compete against your brothers. One of my favorites is the “push up” contest. 1) Go head to head, 1 for 1 until someone can’t finish the reps. If you need to scale, you can use your knees, the kitchen counter top or a wall. Advanced students can use the handstand push up. 2) Max effort pushups in 1, 2 or 3 minutes. If you’re watching the game, bet that anytime your team gets scored on you’ll drop and do 20 pushups or bet 100 pushups on the game. If your family is goofy like mine, bet them “anytime” pushups and use them to watch the look on your mom’s face when you’re doing pushups in the aisle at Whole Foods. You can also do max effort push up hold, plank hold or squats.
- III. **Play.** Pick a sport and play it. Tennis, golf and bike riding are just a few examples. Play catch, Frisbee or Hoover ball. Pick up a new basketball when

you're out on your walk and dribble it the whole way home switching hands after every 50x. Pick up a couple jump ropes and teach your cousins the double under and they can teach you to play double dutch, both are fun and challenging.

- IV. **Work.** Cleaning out the garage or painting a room can be a pretty physical job that's also very rewarding.

**HAPPY
HOLIDAYS**



Holiday Physical Challenge Score Sheet

Monday December 2nd- Friday January 10

Day	Sit ups	Push ups	Squats
1	1	1	
2	2		2
3	3	3	
4	4		4
5	5	5	
6	6		6
7	7	7	
8	8		8
9	9	9	
10	10		10
11	11	11	
12	12		12
13	13	13	
14	14		14
15	15	15	
16	16		16
17	17	17	
18	18		18
19	19	19	
20	20		20
21	21	21	
22	22		22
23	23	23	
24	24		24
25	25	25	
26	26		26
27	27	27	
28	28		28
29	29	29	
30	30		30
31	31	31	
32	32		32
33	33	33	
34	34		34
35	35	35	
36	36		36
37	37	37	

Day	Sit ups	Push ups	Squats
38	38		38
39	39	39	
40	40		40
41	41	41	
42	42		42
43	43	43	
44	44		44
45	45	45	
46	46		46
47	47	47	
48	48		48
49	49	49	
50	50		50