

Fitness Keeper.

Christmas Workouts 2017-18

SESSION ONE

Warm up

Jogging 60 seconds (on the spot or around)

Toe taps 20 seconds

Windmills 20 seconds

Forwards/backwards jumping over line (real or imaginary) 20 seconds

Shadow boxing – 20 jabs (straights), 20 uppercuts X 3 sets

Repeat

For Part A – complete as many repetitions of the exercise as you can in 60 seconds. Write this down (or remember it). You will need the number for Part B.

Part A

- [Squats](#)
- [Burpees](#)
- [Sit-ups](#)
- [Flutter kicks](#)
- [Push-ups](#)
- [Dips](#)
- [Run](#) as far as you can in 60 seconds (put a marker down) or run on the spot.
- Run back where you started from.

Rest for 45-60 seconds.

Part B – repeat the above exercises. Instead of timing each exercise, you will perform the number of repetitions you were able to do in Part A for each exercise. E.g. if you did 20 push-ups in 60sec, complete 20 push-ups. The run remains the same.

Rest for 45-60 seconds.

Repeat Part B again. You should have completed 3 total sets of each exercise after this. E.g. Part A once to get your reps for each exercise, then part B twice – for a total of 3 sets per exercise.

Cool down

2-3 minute walk

Stretching

Standard stretches as per your classes

Fitness Keeper.

SESSION TWO

Warm up

30 sec running on the spot

30 sec star jumps

30 sec toe taps

30 sec standing punches – mix of jabs, hooks, and uppercuts (shadow boxing)

30 sec windmills (opposite arm towards opposite leg)

30 sec jumping side-to-side & forward-backward over real/imaginary line

Repeat

30 Second Tease

30 sec exercise, 10 sec recovery – 6 sets total & 30 sec rest between “rounds”

Round 1

Set 1, 3, 5 = [frogs](#)

Set 2, 4, 6 = [burpees](#)

Round 2

Set 1, 3, 5 = [push-ups](#)

Set 2, 4, 6 = [bicycles](#)

Round 3

Set 1, 3, 5 = [dips](#)

Set 2, 4, 6 = [elbow to hands](#)

Round 4 – note there is an extra round here!

Set 1, 5 = [Suitcase crunches](#)

Set 2, 6 = [flutter kicks](#)

Set 3, 7 = [Spiderman climbers](#)

Set 4, 8 = [Bear crawl](#)

Round 5 – combo & 45 sec per exercise

Set 1 = [frogs](#)

Set 2 = [push-ups](#)

Set 3 = [burpees](#)

Set 4 = [Suitcase crunches](#)

Set 5 = [Spiderman climbers](#)

Set 6 = [flutter kicks](#)

Set 7 = [elbow to hands](#)

Set 8 = [dips](#) or [bicycles](#)

Cool down

2 minute walk

Stretching: Standard stretches as per your classes.