

December 1-25

2016 Holiday Hustle 25 Day Challenge

<http://marinbreakfast.wordpress.com>

Dec 1	Plank to Plank Jacks - 10 second plank/10 second Plank Jacks Roman Twists - 15 repetitions Repeat 3 times through	Dec 10	Total Body Blast - 25 reps each (1 - 2 x thru) Jumping Jacks Squats Pushups	Dec 19	10 Repetitions Each / AMRAP 10 min Spiderman Cross Climbers Prisoner Squats Pushups Jumping Jacks Planks (30 seconds)
Dec 2	Standing Forward Bend	Dec 11	Plank to Plank Jacks - 10 second plank/10 second Plank Jacks Roman Twists - 15 repetitions Repeat 3 times through	Dec 20	Sun Salutations
Dec 3	25 reps each (1 - 2 x thru) Jumping Jacks Squats Pushups PLUS a 30 second plank	Dec 12	Add a 10 to 15 minute Fast Finish to your workout. Finish your workout by going faster than your normal pace. Push harder. The holiday parties are ramping up.	Dec 21	10 Pushups 10 Squats 10 Jumping Jacks Repeat for 8 minutes
Dec 4	Add 10 extra minutes of cardio to what you normally or have planned to do.	Dec 13	Pyramid (10,8,6,4,2 and back up if you dare) Burpees – Squats - Pushups	Dec 22	20 Hip Lifts 30 second Plank Repeat 2x
Dec 5	Plan your week. Sit down for a few minutes and figure out your workouts for the week. Schedule 3 or 4 cardio sessions and 2-3 strength sessions.	Dec 14	Catch Up Day! If you've missed a day or two since the Challenge began today's your chance to get caught up. If you're 100% caught up, drop you happy self into a plank and hold it for 2 minutes.	Dec 23	2 Minute Fast Intervals (every 5 minutes add 2 minutes of speed)
Dec 6	Half Jumping Jacks Close Grip Pushups Bodyweight Squats Side Leg Lifts Kick Backs Tripod Hold (30 seconds) Do 15 reps each - 1, 2 or 3x thru	Dec 15	Jog in place – 30 seconds High knee in place – 15 seconds Inchworms – 10 repetitions Front to back lunges – 15 on the right Front to back lunges – 15 on the left Crab Dips – 10 repetitions Knee to Chest, Knee to Elbow – 20 repetitions 1 – 2x thru	Dec 24	60 second Wall Sit 60 second Bicycle Abs Repeat 2x
Dec 7	Alternating Reach Plank - 30 seconds Side Plank Touch - 15 each side Spiderman climbers - 30 seconds 1, 2 or 3 rounds.	Dec 16	Plank – as long as you can	Dec 25	Merry Christmas! Take a walk outside with your family or friends. Breathe in fresh air. Well done!
Dec 8	After your workout allow 10-15 minutes to stretch your muscles	Dec 17	Add a fast 5 minute finish to your workout		
Dec 9	Add a 5 to 10 minute Fast Finish to your workout. Finish your workout by going faster than your normal pace.	Dec 18	1-2 minute plank		