

CHRISTMAS CHALLENGE

Fit4SEA

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Day 1

ROW YOUR BOAT 1000 m row for time

If you don't have a rower
do 5 minutes of:
8 Burpees
16 Lunges

Day 2

MASTER THE BASIC

5 rounds of:
10 Push ups
20 Squats

Day 3*

TEAMWORK MAKES THE DREAM WORK!

AMRAP
5 minutes of
Burpees

Day 4*

JUMP, JACK!
AMRAP 6 minutes of
20 Skipping ropes/Jumping Jacks
10 Sit ups
30 Sec plank

Day 5

STEP AWAY

5 rounds of:
1 Minute of step ups
30 Sec walking lunges/regular lunges
30 Sec rest

Day 6*

GUTS AND GUNS

5 rounds of:
10 Overhead press wth dumbbells
or
kettlebells/Push ups
20 Dead bugs

Day 7*

THAT CRUNCH!

Tabata (8 sets of 20 sec work, 10 sec rest):
Bicycle crunches
Mountain climbers

Day 8

RUN FORREST, RUN!
1000 m run for time
If you can't run do 5 minutes of:
30 Sec running on the spot with high knees
14 Jumping lunges

Day 9

TOO FAST AND FURIOUS?!

10 rounds of:
3 Burpees + 1 Lunge right
1 Lunge left + 1 Squat
Don't be scared of the 10 rounds,
you will be surprised how fast the rounds will go by!

Day 10*

ACID LEGS

AMRAP 5 minutes of
Jumping squats

Day 11*

JUMP, CLIMB, TAP!

AMRAP 6 minutes:
20 Skipping ropes/Jumping Jacks
20 mountain climbers
20 Shoulder taps

Day 12

UP WE GO

6 rounds of
12 Step ups
12 Sit ups

Day 13*

IT'S SWINGING

7 rounds of:
10 Kettlebell swings/Lightweight deadlifts/Unweighted goodmornings
5 Push ups

Day 14*

FLUTTER GUTTER

4 rounds of:
20 Flutter kicks
30 Sec plank
Rest 30 sec

Day 15

CHAMPS-ÉLYSÉES 1000 meter bike for time

If no bike, then do 4 minutes of:
10 Jumping squats
10 Jumping lunges
10 Bicycle crunches

Day 16*

BACK ATTACK

7 rounds of:
10 Back extensions
20 Glute bridges

Day 17*

ARE WE IN SYNC?!

AMRAP 5 minutes of:
5 High five push ups
10 Synchronized lunges
45 Sec wall sit next to each other
or - if you are in a creative mood:
back against each other

Day 18*

HIPS AND DIPS

5 rounds of:
10 1-legged glutebridge right
10 1-legged glutebridge left
10 Dips

Day 19*

YOU CAN DO THIS

30 Burpee into a tuck
jump/regular jump

Day 20*

A DOUBLING

6 rounds of:
12 Squats with kettlebell/dumbbell/bagpack
6 Bent over rows
3 Burpees

Day 21

WALKING AND PLANKING

4 rounds of:
30 Sec plank walks with feet
Rest 20 sec
30 Sec plank walks on elbows and hands
Rest 20 sec

Day 22

ALMOST DONE

50 Burpees
for time

Day 23

MAKE SOME ROOM FOR FOOD

6 rounds of:
10 Standing bicycle crunches
15 Jumping Jacks
20 Mountain climbers

Day 24*

CHRISTMAS SPIRIT

"You go, I go" for AMRAP
6 minutes:
2 Push ups
4 Squats
8 Jumping lunges

24 workouts to help you get through the month of Christmas with all that follows: great food, lots of candy and time with friends and colleagues. So, make sure to grab a colleague or friend because you will need one for a couple of the challenges this month!

- The workouts will range from 4-10 minutes.
- You will find a workout description to many of the workouts and on Instagram/FB you will find videos of the daily exercises.
- This is important to remember: You can always reduce either the amount of time, rounds, reps or scaling the movements,

to make it fit your time, schedule or level of fitness. Less is always more than nothing!

- To some of the workouts, there are prescribed some minor equipment, but there is always a substitute exercise if you don't have access to equipment. The substitute exercise will always be written after the original exercise.

- Be creative with what you have around you. You will come a long way by using a bag pack filled with heavy objects. May we suggest some books from the seafarers library perhaps?

Enjoy and have fun!

CHALLENGES EXPLAINED

AMRAP As many rounds/reps as possible

Day 3 Grab a partner and do this workout as a team. One will complete 5 burpees while the other rests. Switch when one has completed the 5 burpees, and continue until the 5 minutes are up!

Day 4 You will complete a full round of the three exercises and continue so until the 6 minutes are up. Make sure to do it at a pace that will allow you to continue for all 6 minutes, without too long breaks.

Day 6 The dead bug is performed by laying on your back, pointing both arms and legs as straight as possible up to the ceiling. Lower diagonally one leg and opposite arm to the floor. Your lower back should at all time be in contact with the floor. Raise leg and arm back to top position before continuing alternating diagonally.

Day 7 You will start by doing 20 sec of bicycle crunches, then hold a 10 sec break, where you will return to a plank position and get ready for the mountain climbers; stand in a plank position but on your hands and straight arms. Place hands on floor just under your shoulders. Pull one knee as close to your same side elbow as possible, then return and alternate knee and leg. Hips and butt stays low and still.

Day 10 With a partner accumulate as many jumping squats as possible. One of you will start with the jumping squats while the other one is in a plank position. You are only allowed to work on the jumping squats while your partner is in the plank position. You will likely feel the legs burning after a short period of time, so remember to switch before burning out.

Day 11 For the shoulder taps: Stand in a plank position, but on your hands with straight arms. Keep hips and butt still and low. Take one hand away from the floor and tap on you opposite shoulder and return to floor. Alternate hands and shoulder taps each time until 20 reps completed.

Day 13 Don't worry if you don't have a kettlebell or weights. This works fine with unweighted good mornings. If you are feeling very creative, try to pack a bag and take it on your back and shoulders for weighted good mornings.

Day 14 The flutter kick is like swimming on your back. Place yourself on your back on the floor, put your hands under your butt with palms facing down. Lift both legs from the ground and kick alternately up and down. Count the 20 reps with only one leg.

Day 16 For the back extensions lay on the floor on your stomach, hands under your forehead. Lift your chest from the floor as much as possible before lowering again.

Day 17 For the high five push ups, do a push ups in front of each other and when coming off the floor to the top position clap each others free hand in a high five. Alternate clapping hands.

Day 18 1-leg glutebridge: you will have one foot on the ground and the other leg raised towards the ceiling as straight as possible.

Day 18 Dips: Find a chair and sit with your back to it, placing your hands on the chair with palms facing down and knuckles front. Lower your upper body as much as possible, as your elbows and shoulder should be level in the bottom position. With bended knees you can reduce the load on the dips.

Day 19 Do a burpee and on the way up, do a jump where you tuck your knees to your chest as close and high as possible. If tuck jump is not an option, do a small jump from the floor just so your feet will lift off of the floor.

Day 20 If you don't have any weight, then do the squats with no weight and substitute the rows with back extension. If using a weight or backpack, bent over and use either one or two hands to pull the weight from straight arms to chest.

Day 24 In teams of two, one of you will complete one full round of all three exercises while the other one is cheering! If this is too easy, then come to a plank position while the other work on the round. MERRY CHRISTMAS!