

December

2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
					10 squats, 5/5 split squats, 10 plank shoulder touches (per arm), 10 burpees, 10/10 bicycle crunches x5 rounds	15 push-ups, 20 couch dips, 20 plank leg lifts (each leg), 5 burpees, 50 mountain climbers x8 rounds
3	4	5	6	7	8	9
TAKE IT EASY TODAY, PREPARE FOR THE WEEK 15-30 minute walk	10 squats, 50 jumping jacks, 1 minute plank, 10 push-ups, 10 leg lifts x6 rounds	15 glute bridges, 10 foot bear crawls (each way), 50 high knees, 10 lunges each leg, 100 flutter kicks x6 rounds	5 squats, 5 squat jumps, 50 mountain climbers, 50 jumping jacks, 5 step-ups each leg, 5 plank push-ups x10 rounds	21/18/15/9 burpees, squats, push-ups Do 21 reps of each, then 18, etc.	10 squats, 5/5 split squats, 10 plank shoulder touches (per arm), 10 burpees, 10/10 bicycle crunches x5 rounds	TIMED: squats, pushups, burpees, mountain climbers, planks, squat jumps, 6 inch holds, jumping jacks 5 rounds, 30 seconds each
10	11	12	13	14	15	16
15 push-ups, 20 couch dips, 20 plank leg lifts (each leg), 5 burpees, 50 mountain climbers x8 rounds	15 glute bridges, 10 foot bear crawls (each way), 50 high knees, 10 lunges each leg, 100 flutter kicks x6 rounds	50/25/15/5 thrusters, squats, push-ups, supermans Do 50 reps of each, then 25, etc.	TAKE IT EASY TODAY, YOU'RE DOING GREAT! 15-30 minute walk	50 squats, 50 pushups, 50 burpees, 500 mountain climbers, 50 plank pushups, 50 leg raises (break it up however you like)	SPLIT TIMER 30 sec/30 sec squat/pushup, burpee/plank jack, mountain climber/split leg jump, inch worm/high knee repeat x4	STEADY STATE CARDIO DAY 30-45 minute walk or jog
17	18	19	20	21	22	23
Increase by 5 each round. Work up to 50 reps each. 5 squats, 5 burpees, 5 plank jacks	1 minute "A.M.R.A.P." 10 squats, 10 burpees, 10 sit-ups, 10 tuck jumps, 10 mountain climbers repeat x10	SELF LOVE RECOVERY DAY foam roll, stretch, go for a short walk	21/18/15/9 burpees, squats, push-ups Do 21 reps of each, then 18, etc.	15 glute bridges, 10 foot bear crawls (each way), 50 high knees, 10 lunges each leg, 100 flutter kicks x6 rounds	100 squats, 100 pushups, 100 lunges (50/50 each leg), 100 leg lifts, 100 glute bridges (split up however you want to, just aim for totals)	1 minute "A.M.R.A.P." 10 squats, 10 burpees, 10 plank jacks, 10 star jumps, 10 inch worms repeat x8
24	25	26	27	28	29	30
10 push-ups, 5 couch dips, 10 plank leg lifts each leg, 10 burpees, 100 mountain climbers x6 rounds	STEADY STATE CARDIO DAY 30-45 minute walk or jog	10 sit-ups, 10 squats, 10 push-ups (10 rounds, reduce reps by 1 each round)	TIMED: squats, pushups, burpees, mountain climbers, planks, squat jumps, 6 inch holds, jumping jacks 5 rounds, 30 seconds each	10 squats, 5/5 split squats, 10 plank shoulder touches (per arm), 10 burpees, 10/10 bicycle crunches x6 rounds	Yoga (go to the fitness section of your OnDemand, it's free! Or find a good yoga channel on YouTube)	50/25/15/5 thrusters, squats, push-ups, supermans Do 50 reps of each, then 25, etc.
31	1	2	3	4	5	6
21/18/15/9 burpees, squats, push-ups Do 21 reps of each, then 18, etc.						