

Holidays in Motion



These movements can be done at a fitness facility or at home. Movements can be modified if needed. Breaks are encouraged between movements to maximize the exercise.

*If capable, members are encouraged to repeat the workout for 2-3 sets total.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1 Burpee 1 30-second Wall Sit 1 30-second Plank	2 2 Burpees 2 30-second Mountain Climbers 2 Jump Squats	3 3 Burpees 3 Chair Dips 3 10-second Arm Circles (Both Directions)	4 4 Burpees 4 Chair Squats 4 Bent-Over Rows	5 5 Burpees 5 Shoulder Taps (Each Side) 5 Slow Bicep Curls	6 6-minute Cardio	7 Rest Day
8 8 Jumping Jacks 8 Triceps Extensions 8 Hammer Curls	9 9 Jumping Jacks 9 Side Lunges (Each Side) 9 Scissor Kicks	10 10 Jumping Jacks 10 Pulse Squats 10 V-Ups	11 11 Jumping Jacks 11 Forward Lunges (Each Side) 11 Worm Walkouts	12 12 Jumping Jacks 12 Triceps Extensions 12 Mountain Climbers	13 13 Burpees or 13-min Cardio	14 Rest Day
15 15 Jump Squats (or Modified Squats) 15 Push-ups 15 Crunches	16 16 Jump Squats (or Modified Squats) 16 Arm Circles (Both Directions) 16 Shoulder Raises	17 17 Jump Squats (or Modified Squats) 17 V-Ups 17 Scissor Kicks	18 18 Jump Squats (or Modified Squats) 18 Rows 18 Hammer Curls	19 19 Jump Squats (or Modified Squats) 19 Mountain Climbers 19 Air Punches (Each Side)	20 20-min Stretch or Cardio	21 Rest Day
22 22 Mountain Climbers 22 Pulse Lunges (Each Side) 22 Leg Swings (Each Side)	23 23 Mountain Climbers 23 Flutter Kicks 23 High Knees (Each Side)	24 24 Mountain Climbers 24 Crunches 24 Cat-Cow Stretch	25 25 Mountain Climbers 25 Air Punches (Each Side) 25 Cobra-to-Child's Pose	26 26 Mountain Climbers 26 High Knee's 26 Arm Circles (Each Side)	27 27 Mountain Climbers 27 Body Squats 27 Push-ups (or Modified Push-ups)	28 28 Jumping Jacks
29 Rest Day	30 30-Sec Plank (Repeat Twice) 30-sec Wall Sits (Repeat Twice) 30-Sec Air Punches	31 3 Burpees 2-Min Plank (or 4x 30-sec Planks) 1 Star Jump				

Visit www.beachcitiesgym.com/challenge for more information on these exercises.