

Thanksgiving Holiday Workout

Cardio Warm-up – Do each circuit as many times as possible in 2 minutes.

<u>Time</u>	<u>Reps</u>	<u>Exercise</u>
2 mins	10	Tuck Jumps (or squat w/ kicks)
	12	Duck Punches
	15	Straight Arm Jumping Jacks
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2 mins	10	Toe/Heal Touches
	12	Plyometric Lunges (or forward lean lunges)
	15	½ Burpees (or mountain climbers)
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2 mins	10	Y Pushups
	12	Burpees (or side plank)
	15	Floor Hops (or bootstrappers)

Alternate exercises are in (). Rest 1 ½ to 2 minutes in between circuits.

Strength – Complete 2x's

<u>Reps</u>	<u>Exercise</u>
8ea	1 Leg Deadlift
10ea	1 Leg Plyometric Push Up
6ea	Crossover Lunge (with knee up - optional)
8	½ Inchworm Pushup
15	Inverted Snow Angels
5	5/5/5 Squat Special (slow decent, pulse, hold, explode)

Core Finisher – Complete 1x

<u>Reps</u>	<u>Exercises</u>
8ea	Spiderman Climb in Plank
8-10	Leg Raise w/ Corkscrew
8-10	Windshield Wipers
8-10	Kick up Crunch