

The Christmas Cracker Workout 2022

Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
The Christmas Cracker Workout 2022	6 x Sets of Exercises Varied Exercises Per Set 5 x Challenges 25 Sec Intervals (unless stated). Demo where necessary *	20 Minutes Exactly
Set 1	Hopscotch Lateral Pulse Cycle Sit Ups	Repeat x 2
Challenge 1	High Runs	50 Seconds
Set 2	123 Kick 10/10 Sprint Ab Attack	Repeat x 2
Challenge 2	High Runs	50 Seconds
Set 3	7 Pulse Squat Jump Electric Chair Climber Press Up	Repeat x 2
Challenge 3	High Runs	50 Seconds
Set 4	Butt Kicks Lateral Sky Jumps Mountain Swings	Repeat x 2
Challenge 4	High Runs	50 Seconds

Set 5	Back Lunges Burpee Sprint Floor Pulse Squat	Repeat x 2
Set 6	Lateral Sky Jumps Cycle Sit Ups 123 Kick Electric Chair 10/10 Sprint Climber Press up Butt Kicks Back Lunges	
Challenge 5	High Runs	50 Seconds
Cool Down	All major muscle groups	Recommend approx 3 mins

