


Christmas Present Workout 2025


Intro & Explanation of Concept		Approximately 7 Minutes
Demonstrate & Explain Moves Giving Adaptations & Progressions		
Warm Up	Dynamic Moves for Major Muscle Groups	
Christmas Present Workout 2025	1 x Set of Exercises 12 x Exercise Set 25 Sec Intervals (unless stated) Demo where necessary *	20 Minutes Exactly
Set 1	Squat Kicks * High Knees * Hip Rolls * Pop Squats * Cycle Sit-Up * Shuffle Kicks * Electric Heels * Sprints * Cross Press-Up * 123 Kick * Ab Attack * Double Decker *	Repeat x 4
Cool Down	All major muscle groups	Recommend approx 3 mins