



8 Week Holiday Challenge

SPRINT WORKOUTS

Sprint workouts using weights:

- When doing a sprint workout, do the sequence of moves two times
- Be sure to include a warm up prior to starting your workouts

Week 1

Workout 1

- 30 seconds Jumping Jacks
- 25 Plank to Pike
- 30 Sumo Squats
- 45 sec wall sits
- 25 Push Ups

Workout 2

- 45 sec 1-legged plank (modify- 2 legs)
- 25 narrow to basic squat
- 25 Plank walk outs
- 25 Scissor lunges
- 30 second Superman hold

Week 2

Workout 1

- 30 seconds Skaters
- 30 second forearm plank hold
- 30 seconds Skaters
- 25 Pushups (modify: knees down)
- 15 sets Forward & Back Lunges

Workout 2

- 30 second Plank (modify: elbows)
- 25 Air Squats
- 20 Up-down planks
- 25 squat jacks
- 30 second Mountain Climbers (modify: ½ tempo knee-drive)

Week 3

Workout 1

- 25 Jumping Jacks
- 30 second bear crawl/ or hold



25 alternating side lunges
25 Bear position side taps
15 curtsy lunges (right and left)

Workout 2

30 sec Football runs
30 Summo squats
30 seconds plank joggers
30 bicycle crunches
30 seconds plank jacks

Week 4

Workout 1

15 Hand release pushups
15 sets Squat to runners lunge (right & left)
15 Reverse plank kicks
15 Lunge step-ups (right and left)
15 Bird dogs (right and left)

Workout 2

15 Plank jump-ins
20 Curtsy lunges (right and left)
25 Heel taps (on back)
30 Russian Twists
35 Diamond sit ups (modify basic sit up)