

The Holiday Hustle

No time? No gym? No equipment? **No problem.**

30 SECONDS EACH:

ALTERNATING BACK LUNGES

WALL SIT

JUMPING JACKS



30 seconds rest

30 SECONDS EACH:

CHAIR BACK PUSH UPS

CHAIR TRICEP DIPS

HIGH KNEES



30 seconds rest

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30 SECONDS EACH:

AIR SQUATS

ALTERNATING STEP UPS

BUTT KICKS



30 seconds rest

30 SECONDS EACH:

PLANK HOLD

ALTERNATING SIDE PLANKS

MOUNTAIN CLIMBERS



30 seconds rest

There are four circuits and each circuit consists of two strength moves and a cardio move. Perform each exercise for 30 seconds with no rest between exercises followed by 30 seconds of rest before moving on to the next circuit. You want to move quickly through the exercises while paying attention to proper form.

HOLIDAY HUSTLE: CIRCUIT ONE

ALTERNATING BACK LUNGES

With your feet hip width apart and your toes pointing straight ahead, take a large step backward with your right leg, so your right knee almost touches the floor and your left leg lunges at a 90 degree angle. Do not allow your left knee to move forward past your toe. As you lunge back lift both arms straight in the air in line with your ears. Push back up to starting position and lower your arms. Alternate sides for 30 seconds.

WALL SIT

Stand against a wall and lower your body to a squat position so that your thighs are parallel to the floor. Keep your back straight, your core engaged and your arms pressed into the wall. Do not rest your hands on your knees or lean forward. Hold in the low position for 30 seconds. (If you can't hold for 30 seconds straight, break it up into 3 sets of 10 seconds or 2 sets of 15 secs with short breaks in between.)

JUMPING JACKS

Just like in gym class (sorry to bring back bad memories...what? just me?) Keep your arms as straight as possible. Perform 30 seconds of jumping jacks to get your heart rate up.

Rest for 30 seconds before moving onto the next circuit.

HOLIDAY HUSTLE: CIRCUIT TWO

CHAIR BACK INCLINE PUSH UPS

Push a chair with a medium to high back up against a wall for stability. With your body in a straight line from your shoulders to ankles and your core engaged get in the standard straight arm plank position with your hands gripping the top of the chair. Bend your arms to lower your chest towards the chair. Straighten your arms to press back up to starting position. Repeat for 30 seconds.

CHAIR TRICEP DIPS

Push the back of your chair against the wall for stability. Sit in the chair. Move your body forward so you are holding yourself up on the front edge of the chair with your arms straight while keeping your back close to the chair. Slowly bend your elbows to lower your body in front of the chair. Elbows should point directly behind you, not out to the sides. Straighten your arms to return to the starting position. Repeat for 30 seconds.

HIGH KNEES

Stand up straight with your feet hip width apart. Jump from one foot to the other while using your core to lift your knee to hip height. Swing your arms with each rep. Touch the ground with the balls of your feet quickly moving back and forth between legs for 30 seconds.

Rest for 30 seconds before moving onto the next circuit.

HOLIDAY HUSTLE: CIRCUIT THREE

SQUATS

Start with your feet hip width apart, your toes pointing forward, your back straight and chest up. Push your hips back and lower your body until your thighs are parallel to the floor (or as low as your flexibility allows) like you are sitting in a chair. In the low position engage your core, squeeze your glutes and push up to standing while putting your weight into your heels. Repeat for 30 seconds

ALTERNATING STEP UPS

Stand facing the chair. Starting with your right leg step up on the bench pressing your weight into your heel. Lift your left leg off the ground and drive your knee up towards your chest then rest your left leg on the chair. Step your left leg back to the ground, followed by your right leg. Repeat on other leg. Repeat for 30 seconds

BUTT KICKS

Stand with your feet shoulder width apart and feet pointing straight ahead. Jump up and kick your right heel to your butt, then your left, while being careful not to arch your back. Move quickly, land softly on the balls of your feet and repeat for 30 seconds with control.

Rest for 30 seconds before moving onto the next circuit.

HOLIDAY HUSTLE: CIRCUIT FOUR

ELBOW PLANK

Position your elbows on the floor with your shoulders directly over your elbows. Your body should be in a straight line parallel to the floor. Engage your core (brace your stomach like someone is about to punch you).

Hold it tight. Be careful not to sink your hips or raise your butt in the air. Do not clasp your hands in front of you. Keep your neck neutral. Hold for 30 seconds. If you can not hold for 30 seconds, break it up into two 15 second reps or three 10 second reps. More tips on proper form on planks in this blog post.

ALTERNATING SIDE PLANK

With a straight arm lift yourself up into a side plank position. Your shoulders should be stacked directly over your wrists so that your arm is straight up and down (no at an angle). Don't allow your hips to drop. Lower yourself to a straight arm plank with both arms on the ground then switch to the other side. Repeat for 30 seconds.

MOUNTAIN CLIMBERS

Start in a straight arm plank position with shoulders directly over wrists. Bring one knee up to the chest, then jump back to plank position and repeat with opposite foot. Move as quickly as possible while keeping your core engaged and back straight. Repeat for 30 seconds.

Rest and repeat!

No time to exercise? Give this holiday hustle workout a try and let me know how it goes.

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I am a NASM personal trainer and RRCA adult distance running coach that specializes in strength training for runners. I offer in-person training in the Fort Worth Shred Shed, online run coaching and nutrition habits coaching. If you are interested in a more in-depth running or strength training plan, please contact me. Have questions? I'd love to help.

While I am a certified personal trainer, I am not your personal trainer. Since I don't know your exercise abilities, injury background or medical history, please see your doctor before beginning any new exercise program. This is an opinion blog. No information in this blog is intended to be taken as medical advice or prescription. Please see your doctor and/or registered dietitian for any health concerns.

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