



Simple & Easy Holiday Workouts!

(Perfect for travel)

Strength Workout 1

Warmup

-Foam Roll <https://youtu.be/XHWC2keYHLA>

-Over the Fence x 10 <https://youtu.be/qOmEqYNcNIs>

-Adductor Stretch x 6/side: <https://youtu.be/R4vWfS97Ek0>

-Shoulder Rolls x 20 reverse/forward

-High Knee walk x 20 paces

-Inchworm x 5-10: <https://youtu.be/iV0mvpTAXkQ>

-Groiners x 10/side: <https://youtu.be/iV0mvpTAXkQ>

-Side-lying thoracic mobility x 10/side: <https://youtu.be/iV0mvpTAXkQ>

Workout

Body Weight Squat x 12

- Stand just in front of a chair or bench. Feet shoulder width apart
- Lower your hips and glute toward the chair/bench while keeping your weight in the heels of your feet
- Sit completely on the chair/bench without falling to it.
- Once you touch the chair/bench stand back up and return to the starting position

[**Progression:** omit bench. add dumbbell or Kettlebell.]

Push Up x 6

- Lie on the floor face down and place your hands directly underneath your shoulders while holding your torso up at arm's length
- Next, lower yourself downward until your chest almost touches the floor as you inhale
- Breathe out and press your upper body back up to the starting position while squeezing your chest
- After a brief pause at the top contracted position, you can begin to lower yourself downward to the ground

[Regression: perform from an elevated surface, i.e table or countertop. The higher the surface, the easier the movement.

Glute Bridges x 15

- Lie flat on the floor on your back with hands by your side and your knees bent. Your feet should be placed on the ground, shoulder width apart. This will be your starting position.
- Pushing mainly through your heels, lift your hips off the floor while keeping your back straight. Breathe out as you perform this part of the motion and hold at the top for a second.
- Slowly go back to the starting position as you breathe in

[Progression: lift one foot straight into the sky and perform bridge on 1 leg]

Jumping Jax x :30

- Stand with your feet together and your hands down by your side
- In one motion jump your feet out to the side and raise your arms above your head
- Immediately reverse that motion by jumping back to the starting position

[Adjust speed to match desired intensity. Try to keep moving for entire duration]

Low Plank x 6 deep inhalations/exhalations

- Lie on your stomach on a mat. Place forearms on mat, elbows under shoulders. Place legs together with toes on floor.
- Raise body upward by pushing through elbow, keeping the body in straight line. Hold position

keep core and glutes squeezed tight for entire duration.

[Regression: perform for 3 deep breaths, take a rest, and do a 2nd set of 3 breaths]

Rest if necessary at the end of circuit and repeat x 3-5 rounds.

Strength Workout 2

Warmup

Foam Roll

Inchworms x 5-10

Over the Fence x 10

Groiners x 10/side

Adductor Stretch x 6/side

Side-lying Thoracic mobility x 10/side

Shoulder Rolls x 20 fwd/rev

High Knee walk x 20 paces

Workout

Prisoner Squat x 12

Hold hands behind head, with elbows pointing out to each side, "prisoner style" & perform standard squat

[**Regression:** sit-to-stand using a chair/bench]

Plank Push Up x 10

Use arms to push up from low to tall plank.

[**Regression:** perform exercise resting on knees instead of feet]

Walking Lunges x 10/side

- Begin standing with your feet shoulder width apart and your hands at your side

- Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should stay above the front foot.
- Drive through the heel of your lead foot and extend both knees to raise yourself back up
- Step forward with your rear foot, repeating the lunge on the opposite leg

[**Progression:** hold dumbbell or Kettlebell in each hand]

Jump Rope x :30

Simulate exercise without rope if unavailable. Adjust speed to match desired intensity. Try to keep moving for entire duration

Side Plank x :30/side

<https://youtu.be/p5auEfdb3EI>

[**Regression:** modified side bridge from the knees]

Rest if necessary at the end of circuit and repeat x 3-5 rounds.