

Workout #1 Body Weight

Warm-Up (5 minutes):

- Jumping jacks: 1 minute
- High knees: 1 minute
- Arm circles: 1 minute
- Bodyweight squats: 2 minutes

Circuit 1 (5 minutes):

1. **Push-Ups**: 1 minute
 - *Modification*: Perform push-ups against a wall if regular push-ups are too challenging.
2. **Bodyweight Lunges**: Alternating legs for 1 minute
 - *Modification*: Perform stationary lunges if walking lunges are too intense.
3. **Plank Hold (or Knee Plank)**: 1 minute
 - *Modification*: Hold a plank position on your knees instead of toes.
4. **Jumping Jacks**: 2 minutes
 - *Modification*: Reduce intensity by stepping to the side instead of jumping.

Circuit 2 (5 minutes):

1. **Mountain Climbers (or Slow Mountain Climbers)**: 1 minute
 - *Modification*: Slow down the pace if needed.
2. **Bodyweight Squats**: 1 minute
 - *Modification*: Perform half-squats or use a chair for support.
3. **Tricep Dips** 1 minute
 - *Modification*: Use a sturdy chair or bench for support.
4. **Jump Rope (or Invisible Jump Rope)**: 2 minutes
 - *Modification*: Simulate jumping without an actual rope.

Circuit 3 (5 minutes):

1. **Burpees (or Modified Burpees)**: 1 minute
 - *Modification*: Step back one foot at a time instead of jumping.
2. **Reverse Lunges**: 1 minute
 - *Modification*: Perform stationary reverse lunges if walking is too challenging.
3. **Plank Shoulder Taps into downward dog**: 1 minute
 - *Modification*: Perform shoulder taps from the knees instead of the toes.

4. **High Knees:** 2 minutes

- *Modification:* March in place if high knees are too intense.

Cool Down (5 minutes):

- Standing Forward Fold: 1 minute
- Seated Butterfly Stretch: 1 minute
- Chest Opener Stretch: 1 minute
- Quadriceps Stretch: 1 minute
- Child's pose: 1 minute

Workout #2 Lucky 7 Workout

Lucky 7 Workout! Do all 7 exercises for 7 reps ... and if you're up for the challenge, do the whole circuit 7 times.

Pace yourself and take breaks as needed.

IMPORTANT: warm up before ... and cool down and stretch out after.

- Burpee: giphy.com/gifs/other-exercise-fitness-PRqqGrAiGv4VW
- Squat: <https://giphy.com/.../8fit-fast-squat-tabata...>
- DB Swing: media.giphy.com/media/VmxzbcqNRAhtC/giphy.gif
- Row: <https://tenor.com/SlAy.gif>
- Overhead Press: media.giphy.com/media/d8dJIDZcBbb6dljXfx/giphy.gif
- Biceps Curl: <https://tenor.com/.../bicep-curl-biceps-exercise-workout...>
- Triceps kickbacks <https://youtu.be/nRJuOq4eCo0?si=-tOy-wr73bp7zcJh>

Workout #3 Done to the format of the song "The 12 Days of Christmas."

That makes it a novelty – which means it's a perfect time to get some kids or friends involved!

Here's how it works: Every round, you add a new exercise, and you do that exercise for the number of reps it would be for the day it represents in the song.

So, for round 1, you would do 1 jumping jack. Round 2 you would do 2 burpees + 1 jumping jack. Round 3 would be 3 push-ups + 2 burpees + 1 jumping jack ... all the way to round 12, where you would do the whole thing from day 12 through day 1.

You'll feel so accomplished after you do this!

12 Days of Fitness Workout

Warm-up with 5-10 minutes of light cardio ... walking in place, treadmill, etc., and light stretches (leg swings, arm circles, etc.)

- 1 Jumping Jack
- 2 Burpees (without push-up)
- 3 Pushups
- 4 Lunges (alternating sides)
- 5 Mountain climbers (each side)
- 6 Air Squats
- 7 High Knees (each side)
- 8 Spiderman planks (each side)
- 9 Crunches
- 10 Supermans
- 11 Glute Bridges
- 12 Ab bicycles, each side!

Cool down and stretch for 5 minutes

Workout #4 Super Short 10-minute workout Tabata

Warm-up with 5 minutes of light cardio ... walking in place, treadmill, etc., and light stretches (leg swings, arm circles, etc.)

Perform 20 seconds hard then Rest 10 seconds Repeat circuit twice:

20 Seconds Squats (squat jumps to intensify)

Rest 10 Seconds

20 Seconds High Knees

Rest 10 seconds

20 seconds Burpees

Rest 10 seconds

20 seconds Mountain Climbers

Rest 10 seconds

Repeat

Cool down and stretch for 5 minutes.