

REVEAL YOUR CHAMPION: DURABLE DECEMBER

WEEK 1: FEEL THE BURN

FRESH START



Hold each pose for 30 seconds and rest for 30 seconds.
Choose Champion, Warrior, or Super Hero to repeat the Series.

1 30 seconds of Single Leg Stand per side



Single Leg Stand

2 30 seconds rest

3 30 seconds of Butterfly Stretch



Butterfly Stretch

4 30 seconds rest

5 30 seconds of Warrior Pose per side



Warrior Pose

6 30 seconds rest

7 30 seconds of Calf Stretch per side



Calf Stretch

8 1 minute rest and drink some water!

Champion: Repeat 1 more time

Warrior: Repeat 2 more times

Super Hero: Repeat 3 more times



Good Work!
Time to Cool Down



Good Work! Take a Break &
Go for 1 More Round!



Good Work! Take a Break
& Keep Going!

