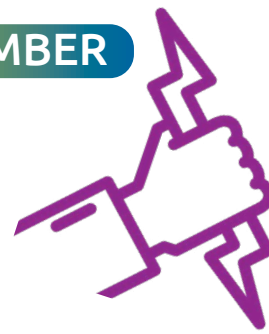


# WEEK 2: HOLIDAY BLAST

# VOLTAGE



Complete 4 x each exercise for 15 seconds with 15 seconds rest. Then cool down for a full minute before moving on to the next exercise. Choose Champion, Warrior, or Super Hero to repeat the series.

**1** Complete Cardio Warm Up

**2** 4 x 15 Seconds Strides, 15 Seconds Rest

**3** 1 Minute Rest

**4** 4 x 15 Seconds Broad Jump, 15 Seconds Rest

**5** 1 Minute Rest

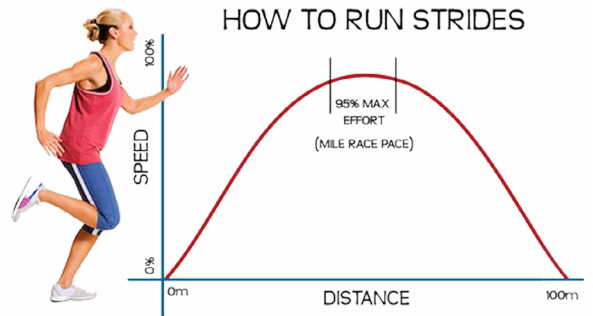
**6** 4 x 15 Seconds Mountain Climbers, 15 Seconds Rest

**7** 1 Minute Rest

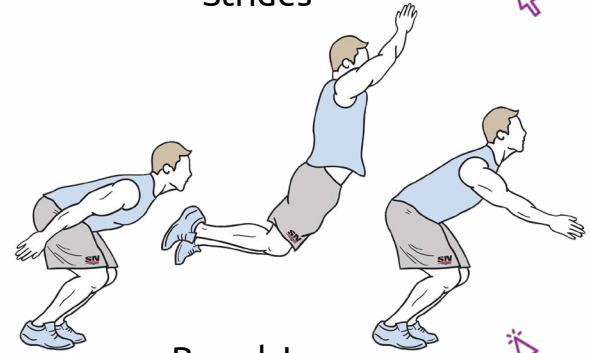
**8** 4 x 15 Seconds Single Leg Bounds, 15 Seconds Rest

**9** 2 Minutes Rest & Drink Some Water!

**10** Champion: Repeat 1 More Time  
Warrior: Repeat 2 More Times  
Super Hero: Repeat 3 More Times



Strides



Broad Jump



Mountain Climbers



Single Leg Bounds



Good Work!  
Time to Cool Down



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



Good Work! Take a Break &  
Keep Going!

