



# WEEK 2: HOLIDAY BLAST

# STRENGTH COUNTDOWN

Get ready to work your full body! Complete all of the exercises for 40 seconds before moving on to 30 seconds, then 20 seconds, then 10 seconds. Choose Champion, Warrior, or Super Hero to repeat the series.



1 Complete [School of Strength Warm Up](#)

Complete the countdown:

- 2
- 40 seconds with 40 seconds rest
  - 30 seconds with 30 seconds rest
  - 20 seconds with 20 seconds rest
  - 10 seconds with 10 seconds rest

3 Thruster

4 Marching Bridge

5 Inch Worm

6 Plank Jack

7 Bird Dog

8 2 minutes rest & drink some water!

9  
 Champion: Repeat 1 more time  
 Warrior: Repeat 2 more times  
 Super Hero: Repeat 3 more times

