

REVEAL YOUR CHAMPION: DURABLE DECEMBER

WEEK 2: HOLIDAY BLAST

PHOTO FINISH



3 x each exercise for 30 seconds and then take 1 minute rest.
Choose Champion, Warrior, or Super Hero to repeat the series.

1 Complete Jump Start Warm Up

2 3 x 30 Seconds Jumping Jack Squats, 1 Minute Rest

3 1 Minute Rest

4 3 x 30 Seconds Mountain Climbers, 1 Minute Rest

5 1 Minute Rest

6 3 x 30 Seconds High Knees, 1 Minute Rest

7 1 Minute Rest

8 3 x 30 Seconds Quick Punches, 1 Minute 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



Good Work!
Time to Cool Down



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



Good Work! Take a Break
& Keep Going!



REVEAL
YOUR CHAMPION