

WEEK 2: HOLIDAY BLAST

REJUVENATE



It's all about balance! Perform each workout for 30 seconds, take a 30 second rest and repeat 2 more times before moving onto the next exercise. Choose Champion, Warrior, or Super Hero to repeat the series.

1 Warm up with a 10 minute fast paced walk!

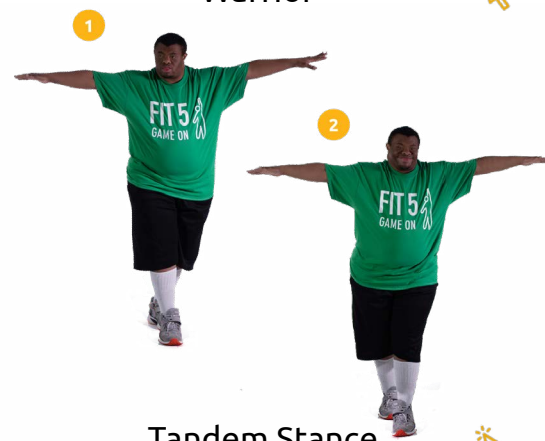
2 3 x 30 seconds Warrior
30 seconds rest



Warrior

3 1 minute rest

4 3 x 30 seconds Tandem Stance
30 seconds rest



Tandem Stance

5 1 minute rest

6 3 x 30 seconds Clock Taps
30 seconds rest



Clock Taps

7 1 minute rest

8 3 x 30 seconds Single Leg Stance
30 seconds rest



Single Leg Stance

9 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!

