



## **SQUAT & PRESS**

X 12



## **LUNGE W/TWIST**

X 12 each leg



## **LATERAL SQUAT**

X 12 each leg



## **RUSSIAN TWIST**

X 12 each side



## **LIFT & CHOP**

X 12 each side



## **AB REACH**

1 MINUTE REST AND REPEAT





# 12 DAYS OF CHRISTMAS *workout*

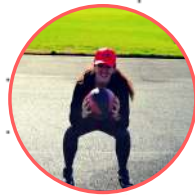


On the *twelfth* day of Christmas  
my trainer sent to me...

12	Standing Crunches	6	Donkey Kickbacks
11	Mountain Climbers	5	Russian Twists
10	Side Lunge wipers	4	Squat to Press
9	Curtsy Lunges	3	Burpees
8	Wide Arm Push ups	2	Jumping Squats
7	Walking Lunges	1	and a 30 second plank hold

get the full workout on  
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10



9



8



7



6



5



4



3



2



1

*drop the*



*countdown  
workout*

Perform 10 reps  
of each exercise,  
rest one minute,  
Then 9 reps of  
each, rest one  
minute,  
Then 8...  
Until you  
countdown to 1  
rep of each  
exercise.



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I am a NASM personal trainer and RRCA adult distance running coach that specializes in strength training for runners. I offer in-person training in the Fort Worth Shred Shed, online run coaching and nutrition coaching. If you are interested in a more in-depth running or strength training plan, please contact me. Have questions? I'd love to help.

While I am a certified personal trainer, I am not your personal trainer. Since I don't know your exercise abilities, injury background or medical history, please see your doctor before beginning any new exercise program. This is an opinion blog. No information in this blog is intended to be taken as medical advice or prescription. Please see your doctor and/or registered dietitian for any health concerns.

You can find more details about this workouts on [www.leagendersfitness.com](http://www.leagendersfitness.com)

### THE GREAT PUMPKIN WORKOUT

<https://www.leagendersfitness.com/news/2016/10/10/the-great-pumpkin-workout>

### 12 DAYS OF CHRISTMAS CAROL WORKOUT

<https://www.leagendersfitness.com/news/2016/11/20/12-days-of-christmas-ladder-workout>

### DROP THE BALL COUNTDOWN WORKOUT

<https://www.leagendersfitness.com/news/2016/12/31/drop-the-medicine-ball-countdown-workout>