

TF
TOTAL FITNESS

2015
Christmas
Holiday
Workout
Manual

DEREK DELISLE PTS
TOTAL FITNESS

*To our appreciated Members,
who helps us enjoy coming in
everyday.*



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Santa's 6

WARM-UP

Prisoner Squat

Lunge

Push-up

Mountain climbers

Perform 2 rounds of 5 reps

SANTA'S 6

Side-to-Side Jumps (6 reps ea side)

Pushups (6)

Split Squat (6 ea leg)

Turkish Get ups (6 ea side)

Burpee (6)

Cross Body Mountain Climbers (6 ea side)

Perform 6 rounds of 6 reps! Ho-Ho-Hoooo!

Santa's 6 Finisher

Alternating Reverse Lunge (6 ea)

Spiderman Climb (6 ea)

Total Body Extension (6)

Cool-down, Stretching

Frosty's Burn

WARM-UP

Squats
Pushup
Sit-ups

***Perform 3 reps ea, 6 reps ea,
then 9 reps ea.***

TABATA- 20s work 10s rest*

1A) Punishers 4x*
1B) Push-ups 4x
1C) Alternating Lunge 4x
1D) Leg Raise 4x
1E) Punishers 4x*
1F) Plank 8x*

**** instead of resting on the squats, your holding at the bottom position for 10 seconds.***

With the planks, your rest is a side plank for 10 seconds. Enjoy the Frosty Burn!*

Cool-down, Stretching

12 Mins of Christmas

WARM-UP

TBX

Burpee

Pushup

Perform 3 reps each for 3 mins

12 Min Of:

1a) Burpee x 5

b) Pistol Squat x 5 / Leg

c) Push-up x 10

12 Min Density Ladder

2a) Sumo Squat Jumps x 5,10,15,20....

b) Plank Reach X 5,10,15,20.....

*****Keep progressing up the ladder for time listed**

Cool-down, Stretching

The Grinch

WARM-UP

- 1) Squat – 15 reps
- 2) Arm crosses – 12 reps per side
- 3) Duck Unders – 6 reps per side
- 4) Plank-30 secondhold

- 5) Waiter's Bow – 8 reps

- 6) Close-Grip Pushups – 10 reps

- 7) LegSwings – 15 reps per side
- 8) Spiderman Climb – 6 reps per side
- 9) Jumping jacks - 10

1 Round

The Grinch

- 1) Squat Jumps
- 2) Push-ups
- 3) Lunges
- 4) Leg Raise
- 5) Burpees
- 6) Sit-ups

Do this workout in a circuit fashion.

- Round #1 – Do 5 reps per exercise
- Round #2 – Do 10 reps per exercise
- Round #3 – Do 15 reps per exercise
- Round #4 – Do 10 reps per exercise
- Round #5 – Do 5 reps per exercise

Cool-down, Stretching



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