



# 12 Days of Fitness Holiday Workout

By Pam Cole, Senior Manager, RFC Fitness & Wellness

The RFC is closed during Winter Break, but don't miss out on a chance to burn a few of those extra holiday calories with the RFC's *12 Days of Fitness* Holiday Workout! No equipment is required, however, please check with a doctor prior to starting a new exercise routine.

Be sure to warm up and cool down with for 3-5 minutes with light cardio before and after the workout.  
(Hint: Split your 9 minutes of walking/jogging into two for your warm up and cool down to save some time!)

**1 minute Burpees**

**2 minutes of Sprints**

(15 seconds all out run followed by 15 seconds easy is suggested, however if running is not an option, an "all out" sprint may be done on the bike, elliptical, stepper, etc.)

**3 X 10 Squat Jumps**  
(or squats)

**4 minutes Climbing Stairs or Stair Stepper**

**5 sets of 10 push ups**  
(Yes, 50 total!)

**6 minutes of Rowing**  
(jumping jacks or jump rope option if a rower is not available)

**7 X 10 Abdominals**  
(one set crunch, one set oblique crunch to right, one set oblique crunch to left, one set hip lift, one set leg lower, one set dead bug, one set scissor)

**8 rounds of Tabata**  
(:20 seconds hard push, :10 seconds easy)

**9 minutes Walking or Jogging**

**10 X 10 Mountain Climbers**  
(or cross country ski)

**11 X 3 sets Back Extensions**  
(one set arms and legs lift, one set rotation, one set arm reach toward heel)

**12 Up-Down Planks**  
(or hold plank for 1 minute or 12 x 10 second plank)