



Holiday Meltdown

At this time of the year, it's hard for us to get to the gym let alone get in a workout. I've designed a series of circuits that can be done at home at grandma's house or wherever your travels make take you this holiday season.

I got this workout idea from a great friend and colleague and have been designing circuit like this for my express circuit classes and for times when I'm traveling or don't have access to a gym.

All exercises are done for 10 reps, unless noted. You will work for the length of a song. Songs should be about 3-4 min in length. You could also use a stopwatch if you so desired and go for 5 minutes. During this workout you will rest when you get tired. Think in turns of push when you can, rest when you can't. Including warm-up and cool down this workout should last about 30 minutes.

Warm up

Squat with arms circling back and then forward (20 total)

Slow side lunges (20 total)

Alternating lunges with twist (10 total)

Jumping Jacks (10 total)

http://youtu.be/UAPyFc9rpeE?list=PLc_OO7h2AaoHjvKQXOjIUKaUUnzZVe0uP

Workouts

Videos

Circuit 1	Squats	Inchworms	Jacks	http://youtu.be/HkLXX4lelE
Circuit 2	Dumbbell chops	Side lunges (20 total)	20 butt kickers	http://youtu.be/eimrWSRTrNE
Circuit 3	Squat with a bicep curl	Chest press	Double glute bridge	http://youtu.be/IVjdqfuP8l0
Circuit 4	Air Squats	Burpees	Jumping Jacks	http://youtu.be/HKjGChq48C0



Circuit 5	Mountain climbers	Bicycles	Vups	http://youtu.be/RCLwn-uZOxM
Circuit 6	Russian dancers	Groiners	High knees	http://youtu.be/xoLRe-2VE3c
Circuit 7	Squat jumps	Butt kickers	Prone jacks	http://youtu.be/pOJvI03LLhE
Circuit 8	Touchdowns	Sumo squat heel raises	Crunch and punch	http://youtu.be/L3JCsLc-M2o
Circuit 9	Side plank with extension	Push ups	Supermans	http://youtu.be/hQ-T6a7zQWU
Circuit 10	Chest fly press and crunch	Bicep curl and lunge	Straight leg dead	http://youtu.be/k1ZMEbqk9RY

Here are some song suggestions, but I'd love to hear about your play list.

Song Name	Artist
Pause	Pitbull
Sex On Fire	Kings of Leon
We Run This	Missy Elliot
Turn Down For What	DJ Snake & Lil Jon
Let's Go (feat. Ne-Yo)	Calvin Harris
C'mon (Catch 'Em By Surprise)	[Tiësto vs. Diplo] {feat. Busta Rhymes}
Sandstorm	Darude
Welcome to the Jungle	Guns N' Roses
You Make Me Feel	DJ Hipst3r
A Little Party Never Killed Nobody (All We Got)	Fergie, Q-Tip & GoonRock

Do you have any other song suggestions; I'm always on the look out. Shoot me an email squadleader@fabfitsquad.com