IZ WORKOUTS BEFORE CHRISTMAS

11TH DEC		18
6 SETS 12 REPS	SQUAT EXPLODES	
12TH DEC		
5 SETS 12 REPS	LATERAL ANKLE TAPS	
1 SET 12 REPS	SQUAT EXPLODES	
13TH DEC		
4 SETS 12 REPS	CRUNCH UPS	
1 SETS 11 REPS		
1 SETS 12 REPS	SQUAT EXPLODES	
14711.000		19
14TH DEC 3 SETS 12 REPS	TRAVELLING LUNGES	
1 SET 10 REPS	CRUNCH UPS	
1 SET 11 REPS		
1 SET 12 REPS		
15TH DEC	040/11 2/11 20020	
2 SETS 12 REPS	BURPEES	
1 SET 9 REPS	TRAVELLING LUNGES	
1 SET 10 REPS	CRUNCH UPS	
1 SET 11 REPS	LATERAL ANKLE TAPS	01
1 SET 12 REPS	SQUAT EXPLODES	20
16TH DEC		
1 SET 12 REPS	PLANK JACKS	
1 SET 8 REPS	BURPEES	
1 SET 9 REPS	TRAVELLING LUNGES	
1 SET 10 REPS	CRUNCH UPS	
1 SET 11 REPS	LATERAL ANKLE TAPS	
1 SET 12 REPS	SQUAT EXPLODES	
17TH DEC		
6 SETS 6 REPS	MT CLIMBERS	
1 SET 7 REPS 1 SET 8 REPS	PLANK JACKS	
	BURPEES	
1 SET 9 REPS	TRAVELLING LUNGES	
1 SET 10 REPS	CRUNCH UPS	
1 SET 11 REPS	LATERAL ANKLE TAPS	
1 SET 12 REPS	SQUAT EXPLODES	

18TH DEC	
5 SETS	5 R
1 SET	
1 SET	7 R
1 SET	8 R
1 SET	9 R
1 SET	10 R
1 SET	11 R
1 SET	12 R
19TH DEC	
4 SETS	4 R
1 SET	
1 SET	6 R
1 SET	7 R
1 SET	8 R
1 SET	9 R
1 SET	10 R
1 SET	11 K
1 SET	12 R
20TH DEC	
3 SETS	
1 SET	4 R
1 SET	
1 SET	6 R
1 SET	7 R
1 SET	8 R
1 SET	9 R
1 SET	10 R
1 SET	11 R
1 SET	12 R

DEC		21ST DEC
ETS 5 REPS	PUSH UPS	2 SETS 2 SET
SET 6 REPS	MT CLIMBERS	1 SET 3 REP
SET 7 REPS	PLANK JACKS	1 SET 4 REP
SET 8 REPS	BURPEES	1 SET 5 REP
SET 9 REPS	TRAVELLING LUNGES	1 SET 6 REP
SET 10 REPS	CRUNCH UPS	1 SET 7 REP
SET 11 REPS	LATERAL ANKLE TAPS	1 SET 8 REP
SET 12 REPS	SQUAT EXPLODES	1 SET 9 REP
DEC		1 SET 10 REP
ETS 4 REPS	SINGLE LEG DEADLIFTS	1 SET 11 REP
SET 5 REPS	PUSH UPS	1 SET 12 REP
SET 6 REPS	MT CLIMBERS	
SET TREPS	PLANK JACKS	22ND DEC
SET 8 REPS	BURPEES	1 SET 1 SET
SET 9 REPS	TRAVELLING LUNGES	1 SET 2 SET
SET 10 REPS	CRUNCH UPS	1 SET 2 SET
SET 11 REPS	LATERAL ANKLE TAPS	1 SET 4 REP
SET 12 REPS	SQUAT EXPLODES	1 SET 5 REP
	SQUAT ENFLUDES	1 SET 6 REP
DEC		1 SET 7 REP
ETS 3 REPS	JUMP LUNGES	1 SET 8 REP
SET 4 REPS	SINGLE LEG DEADLIFTS	1 SET 9 REP
SET 5 REPS	PUSH UPS	1 SET 10 REP
SET 6 REPS	MT CLIMBERS	1 SET 11 REP
SET 7 REPS	PLANK JACKS	1 SET 12 REP
SET 8 REPS	BURPEES	TOLI IE IILI
SET 9 REPS	TRAVELLING LUNGES	
SET 10 REPS	CRUNCH UPS	500
SET 11 REPS	LATERAL ANKLE TAPS	



10M BEAR CRAWLS
JUMP LUNGES
SINGLE LEG DEADLIFTS

DIAMOND PUSH UP
10M BEAR CRAWLS
JUMP LUNGES
SINGLE LEG DEADLIFTS

PUSH UPS
MT CLIMBERS
PLANK JACKS
BURPEES
TRAVELLING LUNGES
CRUNCH UPS
LATERAL ANKLE TAPS
SOUAT EXPLODES

PUSH UPS
MT CLIMBERS
PLANK JACKS
BURPEES
TRAVELLING LUNGES
CRUNCH UPS
LATERAL ANKLE TAPS
SOUAT EXPLODES





EPS SOUAT EXPLODES

