

12 WORKOUTS BEFORE CHRISTMAS

11TH DEC

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 LATERAL ANKLE TAPS
1 SETS | 12 REPS SQUAT EXPLODES

14TH DEC

3 SETS | 12 REPS TRAVELLING LUNGES
1 SET | 10 REPS CRUNCH UPS
1 SET | 11 REPS LATERAL ANKLE TAPS
1 SET | 12 REPS SQUAT EXPLODES

15TH DEC

2 SETS | 12 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

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 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

18TH DEC

5 SETS | 5 REPS PUSH UPS
1 SET | 6 REPS MT CLIMBERS
1 SET | 7 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

19TH DEC

4 SETS | 4 REPS SINGLE LEG DEADLIFTS
1 SET | 5 REPS PUSH UPS
1 SET | 6 REPS MT CLIMBERS
1 SET | 7 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

20TH DEC

3 SETS | 3 REPS JUMP LUNGES
1 SET | 4 REPS SINGLE LEG DEADLIFTS
1 SET | 5 REPS PUSH UPS
1 SET | 6 REPS MT CLIMBERS
1 SET | 7 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

21ST DEC

2 SETS | 2 SETS 10M BEAR CRAWLS
1 SET | 3 REPS JUMP LUNGES
1 SET | 4 REPS SINGLE LEG DEADLIFTS
1 SET | 5 REPS PUSH UPS
1 SET | 6 REPS MT CLIMBERS
1 SET | 7 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

22ND DEC

1 SET | 1 SET DIAMOND PUSH UP
1 SET | 2 SETS 10M BEAR CRAWLS
1 SET | 3 REPS JUMP LUNGES
1 SET | 4 REPS SINGLE LEG DEADLIFTS
1 SET | 5 REPS PUSH UPS
1 SET | 6 REPS MT CLIMBERS
1 SET | 7 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



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Auckland Council
Te Kaunihera o Tamaki Makaurau

