



WORKOUT PLAN

THE NOURISHMENT ACADEMY

NO EQUIPMENT

12 DAYS OF CHRISTMAS WORKOUT

JUST LIKE THE SONG, EACH ROUND ADD THE NEXT EXERCISE AND BY THE LAST ROUND, YOU'LL HAVE 12 EXERCISES TO COMPLETE.

ON THE 1ST DAY OF XMAS MY TRAINER GAVE TO ME
ON THE 2ND DAY OF XMAS MY TRAINER GAVE TO ME
ON THE 3RD DAY OF XMAS MY TRAINER GAVE TO ME
ON THE 4TH DAY OF XMAS MY TRAINER GAVE TO ME
ON THE 5TH DAY OF XMAS MY TRAINER GAVE TO ME
ON THE 6TH DAY OF XMAS MY TRAINER GAVE TO ME
ON THE 7TH DAY OF XMAS MY TRAINER GAVE TO ME
ON THE 8TH DAY OF XMAS MY TRAINER GAVE TO ME
ON THE 9TH DAY OF XMAS MY TRAINER GAVE TO ME
ON THE 10TH DAY OF XMAS MY TRAINER GAVE TO ME
ON THE 11TH DAY OF XMAS MY TRAINER GAVE TO ME
ON THE 12TH DAY OF XMAS MY TRAINER GAVE TO ME

20 SEC PLANK
2 BURPEES
3 PUSH UPS
4 MARVIN HAGLERS
5 SQUAT JUMPS
6 SIT UPS
7 E/S SINGLE LEG GLUTE BRIDGE
8 E/S MOUNTAIN CLIMBERS
9 COBRA PUSH UPS
10 LUNGES (5 E/S)
11 KB SWINGS
12 SQUATS

POST YOUR WORKOUT SELFIE AND TAG
@THENOURISHMENTACADEMY ON FACEBOOK &
INSTAGRAM



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DUMBELLS

GET SANTA FIT!

COMPLETE EACH STATION ACCORDINGLY & LET US KNOW HOW LONG IT TOOK YOU.

Santa's Workshop

Start at 10 reps and decrease the reps by 1 each time until you get to 5 to ensure those pressies are ready.

10, 9, 8, 7, 6, 5

Burpee To DB Shoulder Press

Leg Raises

Load Santa's Sled

Complete each exercise the length of your garden and back so you're fit enough to carry all those pressies to the sled

10 Rounds

Sprint

DB Fireman Carry

On Dasher, Dancer...

Get those arms strong ready to ride the sled!

10 Reps 5 Rounds

Bicep Curls

Plank Up Downs

Chimney Jump Downs

Get ready to jump down the chimney!
Start at 10 reps and decrease the reps by 1 each time until you get to 5.

10, 9, 8, 7, 6, 5

Squat Jumps

Press ups

NEVER MISS A FINISHER

Cookie Crunchers

Complete 100 crunches in the quickest time possible

Chimney Climbs

Complete 100 Mountain Climbers followed by 100 Step Ups in the quickest time possible

POST YOUR WORKOUT SELFIE & YOUR TIME & TAG US @THENOURISHMENTACADEMY



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NO EQUIPMENT

Crunches
High knees
RDL's

Inchworms

Squat Jumps

Toe Taps

Mountain Climbers

Alt. Lunges

Sit Ups

C-H-R-I-S-T-M-A-S
AMRAP

EACH LETTER OF CHRISTMAS REPRESENTS AN EXERCISE.
COMPLETE AS MANY ROUNDS OF THESE 9 EXERCISES AS
YOU CAN IN 20 MINS



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DUMBELLS

I'M OVER IT!

SAY GOODBYE TO CHRISTMAS AND COMPLETE THIS GREAT FULL BODY, AB INTENSE, WORKOUT BEFORE THE YEAR IS UP.

COMPLETE 100 OF EACH EXERCISE HOWEVER YOU WISH.

20 OF EACH FOR 5 ROUNDS

25 OF EACH FOR 4 ROUNDS

50 OF EACH FOR 2 ROUNDS

COMPLETE BOTH EXERCISES BEFORE MOVING ONTO THE NEXT ROUND.

100 SQUATS

100 MARVIN HAGLERS

100 KB SWINGS

100 RUSSIAN TWISTS

100 BENT OVER ROW

100 REVERSE CRUNCHES

100 FRONT & SIDE RAISES

100 FLUTTER KICKS

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