

12 DAYS OF FITMAS

at Martinez & HMR Physical Fitness Center

• 1-MINUTE PLANK OF CHOICE

For your plank, you can pick any plank you like! Maybe a saw, sliding forward and back, knee taps, hip dips, rotating to side plank, anything you like. The goal is to have a straight line from your head all the way back, core engaged, and BREATHING. Don't be afraid to take breaks as needed during the minute.

• 2-MINUTE JUMP ROPE

If you don't have a jump rope, no worries. You can "faux jump rope," just acting like you're jumping without the rope. Or you can do anything for two minutes that will elevate your heart rate. You can hop on the spin bike, treadmill, rower, or do plyometric exercises, like high knees, side to side hops, mountain climbers, or a variation.

• 3 BROAD JUMPS

The goal is to jump a little farther each time, and walk back to where you started. Always land with a soft knee and sinking into a squat at the end of the movement.

• 4 PLANK JACKS

Make sure to keep your hips down in line with your spine as you "jack" your feet out and in. If you want to keep it low-impact, walk your feet out and in instead of jumping.

• 5 BURPEES

Any burpee modification you like! Feel free to get fancy by adding a push-up, a tuck jump, or modify by eliminating the jump, or performing your burpee placing your hands on the countertop or a wall.

• 6 HEAVY ROWS

Make sure to keep your spine long and your core pulled in as you exhale. You can do both arms at the same time, or perform it unilaterally with all of your sets on one side before completing reps on the other side.

• 7 CURTSY LUNGES (EACH SIDE)

Start with one leg forward, and toes angled out 45 degrees. Step your other foot totally back behind the front, so that your foot is behind the opposite shoulder. Sink low into a curtsy lunge, then as you exhale, squeeze your legs to rise.

• 8 SHOULDER PRESSES

Start with your arms out at 90 degrees from your shoulders. Press the dumbbells overhead, then lower back down and repeat.

• 9 TRICEPS KICKBACKS

Squeeze your shoulder blades together and keep your elbows close to your torso. Keep your back flat, and exhale as you press the weights back. As you press the weights back, think about really squeezing your triceps to lift your arms.

• 10 WEIGHTED SQUATS

Place your feet just under your shoulders with toes slightly angled out. Hold a HEAVY dumbbell under your chin, perpendicular to the floor. Keep your chest lifted and a tight core as you sink back and down into your squat. Pretend like there is a chair behind you, and you're going to tap your bottom to the chair. The weight should remain in your heels and try to keep your elbows just under the bar with a nice wide grip.

• 11 SUMO DEADLIFTS

Start in a deep sumo squat, with feet under your shoulders and bending your knees so your thighs are almost parallel to the floor. Your knees should extend towards your toes, but not over your toes. Hinge from your hips, keeping your back long and flat. Exhale and squeeze to rise.

• 12 KETTLEBELL SWINGS

Ground into your feet and stand hip-width apart. Hold the kettlebell in between your knees and start to gently swing it so you can gain some momentum. When you're ready, power through your hips, glutes and core to swing the weight up to shoulder height, then bend your knees, swinging it back to start. Remember that you are NOT using your arms to lift the weight; this is pure glute and core power. Every time the weight goes up, make sure you're strongly exhaling.