

12 DAYS OF FITMAS

at Schofield Barracks HFC

• 1-ASSAULT BIKE CHALLENGE

100cal bike ride for time.

• 2-JINGLE BELL 15 MINUTES AMRAP

(as many rounds as possible)

You will need a kettlebell for this workout

15KB Swings
15 Around the World
15 Goblet Squats
15 Overhead Press

• 3-REINDEER DASH (for time)

MUST do in order

1 Mile Run
3 Mile Bike
1,000 Meter Row

• 4-BETTER IN PAIRS (for time)

Partner 1 - 1,000 Meter Row
50 Thrusters
30 Hand Release Push-Ups
Partner 2 - 1,000 Meter Row
50 Thrusters
30 Hand Release Push-Ups

• 5-40 MINUTE INCLINE POWER WALK

Warm Up (5 minutes) Incline 1.0-2.0,
Speed gradually increase to 3.0
Incline 2.0-4.0, Speed 3.0-3.5 for 5 minutes
Incline 4.0-5.5, Speed 3.0-3.5 for 5 minutes
Incline 5.5-7.0, Speed 3.3-3.0 for 5 minutes
Incline 7.0-10.0, Speed 3.3-3.0 for 5 minutes
Incline 7.0-4.0, Speed 3.5-3.0 for 5 minutes
Incline 4.0-2.0, Speed 3.5-3.0 for 5 minutes

• 6-PLYO WARM UP

*REST 5-10x as long as it took to complete one whole set,
rest between each set. *

5-8 Depth Jumps
5-8 Split-Lunge Jumps
5-8 Seated Vertical Jumps
4-5 Linear Hurdle (cones instead)
hop with bounce between cones
5-8 Power Step Push Offs

• 7-DRIVING SANTA'S SLEIGH

You are going to use a battle rope for this workout
40 seconds of work, 20 seconds of rest for 10 minutes
Double Arm Rope Slam
Side to Side Rope Slings

• 8-DUMBBELL WORKOUT

5 Rounds
10 Snatches (per arm)
10 Renegade Rows (per arm)
10 Goblet Squats
10 Push Ups on Dumbbell
10 Plank Pull Through (per side)

• 9-LUCKY 7 AMRAP (as many rounds as possible)

7-minute AMRAP #1
10 Push Ups
20 Walking Lunges (total steps)
30 Jump Rope Singles
7-minute AMRAP #2
5 Burpee Box Jumps
10 Dumbbell Push Up Press
15 AB Mat Sit Ups
7-minute AMRAP #3
15 Air Squats
10 Kettlebell or Dumbbell Swings
5 Pull Up or Rolls
*Complete each AMRAP before moving onto the next one.
2-minute recovery between AMRAPs. *

• 10-FAT SANTA WORKOUT

50 Air Squats
40 Sit Ups
30 sec Battle Rope
20 Lunges

• 11-3-2-1 PLANK

Plank for 3 minutes then rest for 1 minute
Plank for 2 minutes then rest for 1 minute
Plank for 1 minute then rest for 1 minute

• 12-HFC 12 DAYS OF CHRISTMAS WORKOUT

1 – Minute Plank
2 – 200 Single Jump Rope
3 – Air Squats
4 – V-Ups
5 – Burpees
6 – Russian Twists
7 – Hand Release Push Ups
8 – Supermans
9 – Inch Worms
10 – Sit Ups
11 – High Knees
12 – Mountain Climbers