

12 DAYS OF FITMAS

DECEMBER 1-31

Open to all
DOD ID Cardholders
13 years and older.
Ages 13-15 must show ID and
be accompanied by parent.

Participating Fitness Centers:
Martinez Physical Fitness Center,
Health & Fitness Center and
HMR Physical Fitness Center

FREE!

Rules:
There will be 12 different exercises.
Challenger will be the one to
determine the amount of weight they
will use to complete exercise.

*Check each participating Fitness
Center for complete details on the
fitness challenges.

Awards:
To each finisher while
supplies last.



For more information, call Martinez at (808) 787-0721,
HFC at (808) 787-5739 or HMR at (808) 787-7460



12 Days of FITMAS at Martinez & HMR Physical Fitness Center

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!
10KB 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 Trainers
50 Hand Release Push-Ups
Partner 2 - 1,000 Meter Row
50 Trainers
50 Hand Release Push-Ups

5- INCLINE POWER WALL
100lb Incline 1.0, 2.0, 3.0
5 minutes
5 reps
5 sets
5 reps
5 sets
5 reps
5 sets

6- 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.

7- 2-MINUTE JUMP ROPE
If you don't have a jump rope, no worries. You can "four 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.

8- 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.

9- 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.

10- 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 burpees placing your hands on the countertop or a wall.

11- 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.

12- 7 CURTIS 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.

13- 8 SHOULDER PRESSES
Start with your arms out at 90 degrees from your shoulders. Press the dumbbells overhead, then lower back down and repeat.

14- 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.

15- 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 light cone as you sink back and down into your squat. Pretend like there is a chair in front of you, and you're going to tap your bottom to the chair. The weight should remain in your heels and 1/3 keep your knees just under the buttocks with a nice wide grip.

16- 11 SUMO DEADLIFT
Stand with your feet wider than your shoulders and bending your knees, squat down and pick up the weights. Keep your back flat and your feet flat on the floor. Stand up and repeat.

17- 12 HUNGARIAN SQUATS
Stand with your feet wider than your shoulders and bending your knees, squat down and pick up the weights. Keep your back flat and your feet flat on the floor. Stand up and repeat.

