

# 12 Days of Fitness



This is a great workout I picked up from an annoying Christmas song. It's a gift that keeps on giving.

**Instructions:**

1. Warm-up: Full body.
  - a. Smooth, controlled movement to the full range of motion in each joint without stretching.
  - b. Do 20 or so reps of some cardio type stuff like Jumping Rope or a little jog just to get your heart rate up.
2. Starting at Round 1, do the prescribed number of each exercise for all twelve rounds.  
 For example:
  - Round 1: Do 1 burpee
  - Round 2: 1 burpee, then 2 Leg Levers
  - Round 3: 1 burpee, 2 Leg Levers, 3 Air Squats
3. Complete all 12 Rounds.  
 Feeling Strong? Go back "down": after completing round 12, do round 11 again, then 10...
4. Cool down and stretch out. Post on FaceBook. Tell your friends. Gloat like a CrossFitter.

		Exercise											
		Burpee	Leg Levers	Air Squats	Over Chairs	Jumping Jacks	Mary Katherines	Push-ups	Speed Skaters	Crab Toe Touch	Switch Squats	Bear Toe Touches	Push-up Mtn Climber
Round	<b>1</b>	1											
	<b>2</b>	1	2										
	<b>3</b>	1	2	3									
	<b>4</b>	1	2	3	4								
	<b>5</b>	1	2	3	4	5							
	<b>6</b>	1	2	3	4	5	6						
	<b>7</b>	1	2	3	4	5	6	7					
	<b>8</b>	1	2	3	4	5	6	7	8				
	<b>9</b>	1	2	3	4	5	6	7	8	9			
	<b>10</b>	1	2	3	4	5	6	7	8	9	10		
	<b>11</b>	1	2	3	4	5	6	7	8	9	10	11	
	<b>12</b>	1	2	3	4	5	6	7	8	9	10	11	12

## Exercise Descriptions:

**Burpee:** From standing, drop into a squat position and put your hands on the floor. Kick or step your feet back to the high plank position. Do a push-up. Return to high plank. Return to the squat position. Stand back up explosively for a vertical jump. *Trainer Tip:* Again and always, core tight to minimize your back flexion/extension. *Modifications:* Easier: Don't do the push up. Don't do the jump. Do fewer. Harder: Do more.

**Leg Levers:** Lying on your back, hands on the floor by your side, raise both legs together until they are vertical. Lower them back down. *Trainer Tip:* Don't let your back roll over arch. Keep totally under control. Don't use any momentum to just throw your legs up there.

**Air Squats:** From standing, do a squat. Return to standing. *Trainer Tip:* Keep your core strong and back straight and start by pushing your hips back (like you are going to sit on something behind you). *Modification:* E: Don't go down as low. H: Hold something heavy. Double the number of reps

**Over Chairs:** Standing by a hip level obstacle (a chair) kick one leg at a time up and over the chair so that the chair is now on the other side of your body. That is one. E: Use a lower obstacle.

**Jumping Jacks:** Do jumping jacks. I really hope you don't need help with this one.

**Mary Katherines:** (aka Jump Lunge), Start from a lunge position, jump up and switch legs under you. Land "soft" in the opposite lunge position. That is one rep. Easier: Don't jump. Just stand up, then lunge forward with the other leg.

**Push-ups** (or Earth Downs): Good, old fashioned push-ups. *Trainer Tip:* Keep your core strong to keep your back straight to ease the load on your shoulders. *Modifications:* Easier: Put your knees down, put your hands on a seat or counter top. Harder: Double the reps.

**Speed Skaters:** Pick two targets on the floor about 4 feet (or more) apart. Jump laterally from one foot to the other landing on or near your target (depending on what the target is). Land soft on one foot, sink in and crouch like a speed skater. Back and forth is one

**Crab Toe Touch:** From the crab stance (face up, feet flat on the floor, hands on the floor behind you, butt off the floor), kick one foot out and reach to touch it with the opposite hand. Kick your leg straight forward so you have to tighten your abs and fold your body slightly to touch your toe. Slightly bend your elbows to prevent stressing or hyper extending them. I know that crabs don't have toes. Don't be a jerk.

**Jump Switch Squats:** From a squatting position, jump up and spin 180 degrees. Land soft and quiet in a squatting position. That is one rep.

**Bear Toe Touches:** From the down dog position, hands and feet on the floor, butt high, legs straight, arms straight, touch the opposite toe with your hand. Touch both toes for one rep. I am pretty sure bears have toes.

**Mountain Climber Push-ups:** Regular mountain climbers except add a push-up between every step. E.g. Left foot forward then back - Push-up. Right Foot forward then back - push-up. Easier: Pushup every other step (L,R Push-up). Harder: Stay down during the mountain climbers for the Lizard Run.

I posted a video demonstration of all these exercises on the BDF YouTube Channel.

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