

Josh's Holiday Fit

Staff Workout



Do the 3 exercises in sequence, with as little rest as possible between. Rest a 30 – 90 seconds and go on to next 3 exercises.

Sled



One trip down and back with as heavy a weight as you can.

Dip



With a weight that only allows 8-12 reps.

Chin



With a weight that only allows 8-12 reps.

On the weight exercises—use a challenging weight that allows you to maintain control of the reps until the very end.

Ball Over Shoulder



Heavy slam ball lifted up and over the shoulder for 20 reps.

Squat



Use barbell, dumbbell or smith machine with a weight that only allows 15-20 reps.

Military Press



Barbell or dumbbell with a weight that only allows for 8-12 reps.

Keep your abs engaged on all exercises and be sure to breath rhythmically along with the movements.

Bosu Burpee



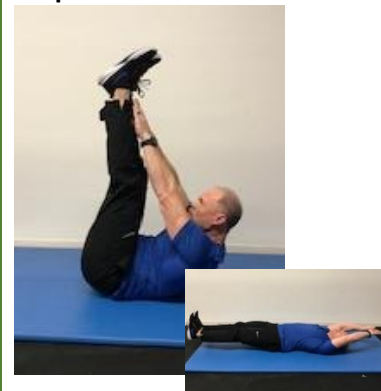
10-15 as fast as you can. Take out the push-up to make easier.

Back Lunge + Curl



Done with DBs. Lunge, lunge, curl at the top.

V-up



Abs tight, legs straight, hands meet feet over the hips.