



WORKOUT OF THE MONTH “’Twas the Month Before Xmas”

“’Twas the Month ” is an integrated, full body workout program utilizing various pieces of gym equipment. This workout, performed twice a week, will give you a strong base of fitness to combat holiday stress and get a jump on your New Year’s fitness!

Workout	Focus Group	Equipment	Exercise	Volume
Warm Up	Cardiovascular	Choice of Ropes, Treadmill, Bike	Light continuous movement	5 - 10 minutes

Workout	Focus Group	Equipment	Exercise	Volume
Strength 1	Legs / Chest	TRX	TRX Front Squat and Chest Press	1 minute
Cardio 2	Frontal Movement	BOSU	BOSU Step Ups	1 minute
Strength 3	CORE Obliques	Functional Trainer	High Pulley “Wood Chops”	30 secs / side
Cardio 4	Lateral Movement	BOSU	BOSU Side Steps	1 minute
Strength 5	Legs / Glutes	Dumbbells	Forward / Backward Lunges	1 minute
Cardio 6	Integrated	BOSU	BOSU Mountain Climbers	1 minute
Strength 7	Upper Back	Barbell	Bent Over Rows	1 minute
Cardio 8	Coordination	BOSU	BOSU Quick Touches	1 minute
Strength 9	Shoulders	Dumbbells	3 Point Dumbbell Raise	1 minute
Cardio 10	CORE	BOSU	BOSU Hand Walk Ups	1 minute
Strength 11	CORE	Mat	V-Sit Progression	1 minute
Cardio 12	Integrated	BOSU	BOSU “Burpees”	1 minute

Work up to 2-3 repetitions of entire circuit. Cool down for 5 – 10 minutes following workout.



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