



SEASONAL FITNESS CHALLENGE

WINTER TIP 1

Eggnog Burner-Dumbbell Workout



BE ACTIVE



With winter comes the onslaught of winter holidays, and with those holidays come treats upon treats upon treats. Yes they may only come once a year, but do you know how hard it is to offset the calories from those goodies? Take eggnog for example, a single cup of eggnog without alcohol boasts a hefty 225 calories! While it may not sound like much, this challenging workout is what it takes to burn 225 calories. You be the judge!

THE WORKOUT: *Tabatas* are an exercise format that alternates 20 seconds of work with 10 seconds of rest, for 4 minutes. In today's workout you will alternate the two exercises in each grouping for 4 minutes before moving on to the next grouping. For example: 20 seconds exercise A, 10 seconds rest, 20 seconds exercise B, 10 seconds rest, 20 seconds exercise A, etc.

Group 1

A. Stationary lunges - left side

Stand with feet hip-width apart. Keep your back straight, shoulders back, and core engaged. Take a step forward with your left leg, bending both knees until your right knee is just above the floor. Push through the left leg to stand back up and repeat.



B. Stationary lunges - right side

Stand with feet hip-width apart. Keep your back straight, shoulders back, and core engaged. Take a step forward with your right leg, bending both knees until your left knee is just above the floor. Push through the right leg to stand back up and repeat.



Group 2

A. Push-Ups

Start in plank position with the shoulders and elbows stacked above the wrists, arms straight. Bend the elbows to lower the body until the chest is a few inches above the ground. Straighten the elbows to push yourself back up. Repeat.



B. Mountain climbers

Begin in plank position with shoulders above wrists, core engaged. Bend your right knee and bring it up toward the chest, underneath the body. In one smooth motion, switch your legs, keeping your arms in the same position. Continue switching legs.



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Group 3

A. Jump squats

Stand with your feet shoulder-width apart. Push the hips back and lower into a squat, engage your core, and then jump up explosively. When you land, lower your body back into the squat position to complete one repetition. Make sure you land with your entire foot on the ground, as softly as possible



B. High knees

Stand with feet shoulder-width apart. Bring your right knee up to waist level, as you lower it raise the left knee up to waist level. Repeat, creating a motion similar to running in place.



Group 4

A. Plank

Get into push-up position, with shoulders above the wrists, the body in a straight line, and feet together with toes tucked under. Engage the core and glutes. Hold.



B. Plank jacks

Begin in plank position with your shoulders over your wrists, your body in one straight line, and your feet together. Like the motion of a jumping jack, jump your legs wide and then back together.



Group 5

A. Alternating lateral lunge

Stand with feet shoulder-width apart. Step out to the right and shift your body weight over your right leg, squatting to 90° with the right knee. Push off the right leg to return to start, then repeat on the other side. Alternate.



B. Alternating curtsy lunge

Stand with feet hip-width apart. Move your right leg behind the left so your thighs cross, bending both knees as if curtsying. Return to standing and switch sides. Alternate.



Group 6

A. Superman pulses

Lie face down on the mat, arms and legs extended straight out. Exhale as you squeeze the glutes and abdominals to raise the arms and legs off the mat. Pause for a second, then lower the limbs to just a couple inches above the mat. Repeat.



B. Burpees

Begin in a squat position with hands on the floor, slightly wider than shoulder-width. Kick or step the feet back into a high plank position. Jump or step the feet back up by your hands until you are in the starting squat position. Jump up from the squat, as high as you can and drop back down into a squat to repeat. The faster you go, the more difficult it is.

