



This workout is a circuit of sets, each containing 6 separate exercises.

For each set, perform 50 repetitions of the first and second move and 15 repetitions of the following 4 exercises.

Complete the 6 exercises in each set one after another, and then rest for 45 seconds before moving on to the next set.

Equipment: Bodyweight

Set 1

Get ready to perform Set 1.

Squat Thrusts

Cardio



- 1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Jump your feet back out to a straight position.

Vertical Jumps

Cardio



- Stand upright with your arms by your sides.
- 1 - Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.
 - 2 - Push off your feet, jumping straight up and raising your arms up overhead.
- Land in semi-squat with your arms back by your sides and repeat the jump.

Modified Jack Knife

Abs



- 1 - Sit with your legs straight out, raised off the floor, placing your hands behind your back to balance.
 - 2 - Bring your knees in towards your chest, keeping your feet raised.
- Return your legs back out to the start position and repeat.

Alternating V-Up

Abs



- 1 - Lie on your back with your legs straight and your arms stretched out overhead.
 - 2 - Raise one leg straight up while also lifting your upper body off the floor and reach your opposite hand towards your foot, keeping both your arm and leg straight.
- Lower both and repeat using the opposite arm and leg.
 - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

Side Bridge

Abs



- 1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.
 - 2 - Raise your body off the floor, resting on your forearm and foot.
- Try to keep your body in a straight line and your elbow directly under your shoulder.
 - Hold, then lower yourself back to the floor and repeat.
 - Complete all reps on one side before switching to the other side.

Front Bridge

Lower Back



- Lie face down on the floor with your legs straight and arms tucked in by your sides.
- 1 - Raise your body off the floor, resting on your toes and forearms.
- Try to maintain your body in a straight line and keep your back neutral/flat.
 - Hold briefly, then lower yourself back to the floor and repeat.

Set 2

Get ready to perform Set 2.



Holiday Turkey Burner 2

FitnessBuilder

set

secs
rest between sets

40min



Split Squat Jumps

Cardio



• Stand upright with your feet split front to back with your arms at your sides.

1 - Bend at the hips and knees, leaning your torso slightly forward with your weight on the front leg.

2 - Push off the front foot and jump up off the floor, switching your feet in the air.

3 - Land in a split squat with the other foot in front and repeat quickly.

• Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

Lateral Hop Knee In

Cardio



• Stand upright with your arms by your sides.

1 - Rapidly raise one knee up as high as you can, bringing the opposite elbow down to meet it.

2 - Push off the outside foot, hopping laterally to one side about 3 to 4 feet.

3 - Rapidly raise the other knee up as high as you can, bringing the opposite elbow down to meet it.

• Repeat back to the starting side and continue moving laterally from side to side.

Diamond Crunch

Abs



1 - Lie on your back with the soles of your feet together, knees out to the sides and your arms straight up over your chest.

2 - Lift your head and shoulders off the floor, keeping your feet together.

• Lower your head and shoulders and repeat.

Jack Knife

Abs



1 - Lie on your back with your knees bent, feet flat and hands to the sides of your head.

2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.

• Try to get your elbows to meet your knees in the middle.

• Lower your upper body and legs, then repeat.

Side Bridge

Abs



1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.

2 - Raise your body off the floor, resting on your forearm and foot.

• Try to keep your body in a straight line and your elbow directly under your shoulder.

• Hold, then lower yourself back to the floor and repeat.

• Complete all reps on one side before switching to the other side.

Front Bridge

Lower Back



• Lie face down on the floor with your legs straight and arms tucked in by your sides.

1 - Raise your body off the floor, resting on your toes and forearms.

• Try to maintain your body in a straight line and keep your back neutral/flat.

• Hold briefly, then lower yourself back to the floor and repeat.

Set 3

Get ready to perform Set 3.

Squat Thrusts

Cardio



1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.

2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.

3 - Jump your feet back out to a straight position.

Vertical Jumps

Cardio



• Stand upright with your arms by your sides.

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Side Bridge

Abs



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Front Bridge

Lower Back



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- 1 - Raise your body off the floor, resting on your toes and forearms.
- Try to maintain your body in a straight line and keep your back neutral/flat.
 - Hold briefly, then lower yourself back to the floor and repeat.

Set 4

Get ready to perform Set 4.

Split Squat Jumps

Cardio



- Stand upright with your feet split front to back with your arms at your sides.
- 1 - Bend at the hips and knees, leaning your torso slightly forward with your weight on the front leg.
 - 2 - Push off the front foot and jump up off the floor, switching your feet in the air.
 - 3 - Land in a split squat with the other foot in front and repeat quickly.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

Lateral Hop Knee In

Cardio



- Stand upright with your arms by your sides.
- 1 - Rapidly raise one knee up as high as you can, bringing the opposite elbow down to meet it.
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- Repeat back to the starting side and continue moving laterally from side to side.

Diamond Crunch

Abs



- 1 - Lie on your back with the soles of your feet together, knees out to the sides and your arms straight up over your chest.
 - 2 - Lift your head and shoulders off the floor, keeping your feet together.
- Lower your head and shoulders and repeat.

Jack Knife

Abs



- 1 - Lie on your back with your knees bent, feet flat and hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.
- Try to get your elbows to meet your knees in the middle.
 - Lower your upper body and legs, then repeat.



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