

# W.O.W.

## Workout of the Week

### 12 DAYS OF CHRISTMAS WORKOUT

**Equipment:** Medicine Ball  
Dumbbell

**Instructions:** Complete each of the circuits before you move onto the next. Try to complete the entire 12 days of Christmas or get as far as you can!

**On the first day of Christmas  
my true love gave to me:**

- A one min plank at the WAC.

**On the 2nd day...**

- 2 Jumping jacks and
- A one min plank at the WAC.

**On the 3rd day...**

- 3 Prisoner squats,
- 2 jumping jacks and
- A one min plank at the WAC.

**On the 4th day...**

- 4 squat swings,
- 3 prisoner squats,
- 2 jumping jacks, and
- A one min plank at the WAC.

**On the 5th day...**

- 5 scorpions,
- 4 squat swings,
- 3 prisoner squats
- 2 jumping jacks, and
- A one min plank at the WAC.

**On the 6th day...**

- 6 med balls bouncing,
- 5 scorpions,
- 4 squat swings,
- 3 prisoner squats
- 2 jumping jacks, and
- A one min plank at the WAC.

**On the 7th day...**

- 7 Burpie broad jumps,
- 6 med balls bouncing,
- 5 scorpions,
- 4 squat swings,
- 3 prisoner squats
- 2 jumping jacks, and
- A one min plank at the WAC.

**On the 8th day...**

- 8 Abs a twisting (Russian twist),
- 7 Burpie broad jumps,
- 6 med balls bouncing,
- 5 scorpions,
- 4 squat swings,
- 3 prisoner squats
- 2 jumping jacks, and
- A one min plank at the WAC.

**On the 9th day...**

- 9 Lunges hoping
- 8 Abs a twisting,
- 7 Burpie broad jumps,
- 6 med balls bouncing,
- 5 scorpions,
- 4 squat swings,
- 3 prisoner squats
- 2 jumping jacks, and
- A one min plank at the WAC.

**On the 10th day...**

- 10 Kamikazes
- 9 Lunges hoping
- 8 Abs a twisting,
- 7 Burpie broad jumps,
- 6 med balls bouncing,
- 5 scorpions,
- 4 squat swings,
- 3 prisoner squats
- 2 jumping jacks, and
- A one min plank at the WAC.

**On the 11th day...**

- 11 Spider push ups,
- 10 Kamikazes
- 9 Lunges hoping
- 8 Abs a twisting,
- 7 Burpie broad jumps,
- 6 med balls bouncing,
- 5 scorpions,
- 4 squat swings,
- 3 prisoner squats
- 2 jumping jacks, and
- A one min plank at the WAC.

**On the 12th day...**

- 12 high knees jogging,
- 11 Spider push ups,
- 10 Kamikazes
- 9 Lunges hoping
- 8 Abs a twisting,
- 7 Burpie broad jumps,
- 6 med balls bouncing,
- 5 scorpions,
- 4 squat swings,
- 3 prisoner squats
- 2 jumping jacks, and
- A one min plank at the WAC.



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*See a Personal Trainer for more detailed instructions or a demonstration.*



**Wisconsin Athletic Club**

Always consult your physician before starting any exercise program.  
www.thewac.com