

FITMAS: Day 24

THE SLIDER WORKOUT

Happy Sunday you guys! I hope you have all had the best weekend so far with your friends and fam - or just by yourself relaxing which can be equally as necessary and wonderful.

I am so sorry for the two days this week without FITMAS content, and I promise those days will be added on and made up for.

How are you feeling about the remaining two days of 2018? You ready for two more amazing workouts to finish off the year really freaking strong? Good. Today's workout is designed to be done at home! Reminder that if you're not in the mood for a home workout today, you can always save this bad boy for a snowy day and do another one of our FITMAS or TFGG workouts at the gym!

How this works:

You are going to need two dishtowels as well as a "slippery" floor. In my experience, hardwoods and laminate both work really well!

Warm Up

- Jog x 30 seconds
- Jumping jacks x 30 seconds
- High Knees x 30 seconds
- Repeat 4x

Movement Prep

- Stretch out everything! (Doing a full blown STRETCHMAS after this workout wouldn't hurt either)
- Plank x 45 seconds
- Glute Bridge x 12
- Kneeling Pushups x 12
- Bodyweight squats x 12

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Circuit no. 1 - Repeat x 3

A) Reverse Slider Lunges x 25/leg

- Your back foot should be on the dishtowel
- Complete all reps on one side before switching

B) Knee Tuck to Push-Up x 12

- Both feet should be on dishtowels!

C) Eagle Wipers x 60 seconds

- Set up in a elbow plank position with both feet on dishtowels
- Sweep your right leg out to the right until it is up as high as you can get it while keeping your hips down and body straight. Sweep it back down to meet the other foot.
- Alternate legs for 60 seconds, ensuring you are keeping your core braced the entire time!

Circuit no. 2 - Repeat x 3

A) Lateral Lunges x 20/leg

- Place a dishtowel under one foot.
- Complete all reps on one side before switching
- Extend your right leg out to the right as you lower down into a lateral lunge! Send your hips back and keep your core strong.

B) Tricep Push-ups with ISO Hold x 8

- Lower down into a tricep push-up and hold at the bottom of the movement for 3 seconds.
- Exhale and drive back up into a plank position.
- Keep your core locked on and your body in a straight line. Drop to your knees when you need to.

C) Lying Leg Switches x 90 seconds

- Lay on your back, and press your low back down so that there is no space between it and the ground.
- Extend one leg straight in the air and lift the other one two inches off the ground.
- You are going to hold this for 3 seconds and then switch your legs.
- Continue to do this while pressing your low back to the ground.

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Circuit no. 3 - Repeat x 3

A) Slider Hamstring Curls x 20

- Both feet should be on dishtowels
- Keep your hips pressing up to the ceiling as high as you can!

B) Slider Mountain Climbers x 60 sec

- Both feet should be on dishtowels!

C) Overhead High Knees x 90 sec

- Reach your arms up straight over head and keep them extended the whole time!
- Drive your knees up to your chest as high as you can.

Stretch & Foam Roll

- It's going to be an understatement that your core is GASSED right now. Please focus on stretching out your abdominals with the cobra stretch: Lying on your stomach on your mat and pressing your arms up while arching your back gently. Focus on deep breathes.
- Stretch out every sore muscle group. Try and time yourself for each of your stretches, and see if you can hold each for at least 60 seconds.
- Seriously, if you're at home relaxing anyway: STRETCHMAS SUNDAY