



# FITMAS: Day 5

## Upper Body Crush

Time to feel like the strong woman you are. Today we are going to get in the gym feeling focused and ready to absolutely crush it. I don't want you to think about a single other person around you, you are here for YOU and you alone.

There are times in life when we feel tired, broken, and weak, and today is a chance for us to prove to ourselves how strong we truly are (mentally and physically).

Let's go you strong, strong girl.

### Warm Up

- Moderate intensity choice cardio x 5 minutes

### Movement Prep

- Foam roll your glutes! I know they're still sore from Day 2, don't try and tell me they aren't. Give yourself an extra good foam roll to really get the blood flowing and release some tension.
- Plank x 45 seconds
- Arm circles x 10/direction (small to large)
- Banded chest openers x 10
- Kneeling push-ups x 10

### Push-up Test

- Time to test your max babe!
- Make sure you know the number you are attempting to beat, and go for it! Make sure a good song is playing, and get in the headspace to push through the discomfort. I know it's hard, but you've been getting stronger every week and you can do this.

# FITMAS: Day 5

## Upper Body Crush

### Circuit no. 1 - Complete 3 Rounds

#### A. Upright Row x 12

- Keep your core braced and body tall! Pull all the way up with your elbows tracking out.
- Use your nipple line to know how high to pull to (I don't care if that's a weird cue, it's proper form)

#### B. Bent Over Row x 10

- I want you to go heavy here!
- Protect your spine and make sure it's straight by bracing your core and keeping your gaze down on the ground and not in the mirror in front of you.

#### C. Reverse Flies x 20

- Keep your body locked in position! Don't come up as you fly your arms back.

#### D. X hold x failure + 10

**seconds** ~~seconds~~ do this exactly what it sounds like. Go until what you think your failure is and then push yourself for 10 more seconds. You can hate me, it's okay.

### Circuit no. 2 - Complete 3 Rounds

#### A. Plank Up Downs x 60 seconds

- NOTE: If you are advanced (ie. are on TFGG LIFT or PERFORM) or just want a challenge, make these harder by doing them with your feet on a bench.

#### B. V-Sit with DB Punches x 60 seconds

- Make sure to punch with as much power as you can, without hyperextending your arms.

#### C. Tricep Extensions x 15

- Go lighter here and really focus on the squeeze at the top of the movement!
- Hold each rep at full extension for 2 counts before lowering down.

# FITMAS: Day 5

## Upper Body Crush

### **FINISHER: Tricep Push-Up Burpees**

**Advanced: Complete 50**

**Intermediate: Complete 25**

- I realize that both intermediate and advanced options are going to be hard AF... but that's because you are all strong AF and you are capable of doing this.
- Modify these by dropping to your knees in the push-up and completing a perfect tricep push-up from your knees before jumping into the burpee
- Make sure that your elbows are tucked in NO MATTER WHAT for every rep.

### **Stretch x AT LEAST 5 minutes**

Santa can still see you... and yes I will be using that as a threat forever now. XO