

## Motive8 12 Days of Christmas Fitness Challenge!

### How to do the exercises.....

The clock **starts** when you begin your first squat, the clock ends when both feet are on the floor after your last step up.

### 12 Squat and Press –Females = 4kg DB's, Male = 8kg DB's

- Hold a pair of DB's at shoulder level, palms facing forwards.
- Squat until the thighs are parallel to the floor
- As you drive out of the squat perform a shoulder press with the DB's.
- The arms must be fully extended (without hyper extending) at the end of the shoulder press.
- Lower the DB's back to the start position and repeat.

#### ***Your reps don't count if.....***

Your thighs are not parallel to the floor

The arms are not fully extended at the end of the shoulder press.

### 11 Bosu Press Ups – Females can go on their knees, Male = full.

- Hands placed on the edge of a Bosu, inverted position
- The upper arms must be parallel to the Bosu at the end of the press up
- Arms must be fully extended (without hyper extending) at the end of the press up.

#### ***Your reps don't count if.....***

Your upper arms are not parallel to the Bosu

The arms are not fully extended at the end of the press up.

### 10 Alternating Lunges and Bicep Curls – Females 3kg DB's, Males – 6kg DB's.

- Hold a DB in each hand.
- Perform a lunge, ensuring the back knee does not touch the floor.
- As you lunge perform a bicep curl.
- Alternate from leg to leg

#### ***Your reps don't count if.....***

You forget to perform a bicep curl during the lunge.

The arms are not fully extended at the end of the bicep curl.

Your back knee touches the floor during the lunge

### 9 Tricep Dips – Reebok Deck at full height.

- Place the hands on the edge of a Reebok Deck.
- With either the legs straight (males) or bent (females) perform a tricep dip ensuring the upper arms are parallel to the floor at the end of the dip.

#### ***Your reps don't count if.....***

Your arms are not parallel to the floor at the end of the dip.

Your butt touches the floor during dips.

Your butt touches the bench during the dips.

### 8 Burpees

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- Begin in a standing position.
- Drop into a [squat](#) position with your hands on the ground
- Extend your feet back in one quick motion to assume a full plank position – palms on the floor, arms straight and legs fully extended.
- Return to the squat position in one quick motion
- Jump up into the air with the arms straight above the head and repeat.

***Your reps don't count if.....***

You don't jump up at the end of each Burpee.  
Your legs aren't fully extended.

**7 Bent Over Rows – Females 4kg DB's, Males = 8kg DB.**

- Stand tall, lean forwards from the hips until the back is almost parallel to the floor.
- Keep the back straight throughout.
- Hold the DB's with an underhand grip
- Row the DB's towards the abdominal area, squeezing the shoulder blades together as you lift.

***Your reps don't count if.....***

You don't work in a full range of motion.

**6 Power Squats**

- Place the hands at the side of the head.
- Lower into a squat position and then jump in the air in an explosive manner
- Land in a squat and repeat the power squats.

***Your reps don't count if.....***

You don't land in a squat in between reps.

**5 Kettlebell Swings – 8kg KB**

- Hold a kettlebell in both hands
- Lean forwards from the waist and using the power from the muscles in the back of thighs and glutes, swing the kettlebell.

***Your reps don't count if.....***

The kettlebell doesn't reach at least shoulder level.

**4 Bunny Hops**

- Reebok Deck at the highest level
- Place the hands on the edge of the Deck
- Keeping the feet together jump over the bench from side to side.

***Your reps don't count if.....***

You don't land and launch with your feet together.

### 30 sec plank

- Can be performed either full plank position or on the knees.
- Ensure a good alignment throughout.

#### **Add a 10 second penalty if.....**

You don't maintain perfect alignment throughout.

### 20 Mountain Climbers

- hands on the edge of the Reebok Deck (lowest height)
- knees must tuck under the chest

#### **Your reps don't count if.....**

Your feet don't touch the floor at the end of each rep.  
Your knees don't tuck entirely under the chest.

### 1 minute of step ups – Reebok Deck at the lowest height.

- The foot must land on the centre of the step – make sure heels are not hanging over the edge.

#### **Add a 10 second penalty if.....**

You don't land in the centre of the step