



## **Shedding Holiday Pounds Workout – Week #5**

You survived...Congratulations! You're 5 workouts ahead of all the 2012 Resolutioners! 😊 You're pretty Darn smart!



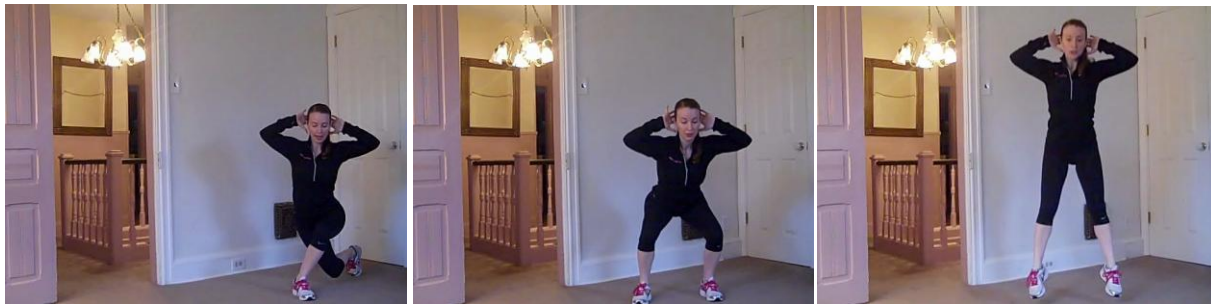
### **Half Burpee**

- **Begin in a high plank position with your knees slightly bent.**
- **Jump your legs into the center of your chest, then shoot them back out into the high plank position.**
- **Go for 15 - 30 seconds on these with maximum effort!**



## Push Up Reach (Side Plank)

- Begin in a high plank position and do one push up.
- At the top of your push up, shift your weight to all one side and reach one arm to the ceiling.
- Come back to the high plank position to repeat the push up and reach.
  - Complete 30 seconds – remember, max effort for all of these!



## Curtsey Jump

- Start in a curtsy, with hands in a prisoner position.
- Step side into a squat, then jump (If the jump is too difficult, just take out the jumping.)
- Land your jump into a squat then curtsy on the other side.
  - Repeat alternating sides for 30 seconds.



## Side Plank on the Stability Ball

- Start with one leg pushing down into the SB ball, while your other leg is anchored to the floor (your ankle is pushing down into the floor.)
- Keep a 90 degree angle on your supporting arm and raise your top arm to the ceiling.
  - Push your hips up to the ceiling, then lower to the floor.
  - Repeat this series for 30 seconds on each side.



## Mountain Climber Jumps

- Start in a high plank position, with one knee into your chest.
- To complete the movement, you are jumping to switch legs. 30 seconds.



## Plank on the Stability Ball

- If the Mountain Climber Jumps are too difficult for you, try holding a plank on the ball for 30 seconds. Keep your back flat – no arching!

*You did it! Now do everything again, 1 more time.*