

1 Minute of Planks



- Lie down on floor face down
- Come up onto your elbows
- Lift knees off floor
- Hold abs in and keep body as flat as you can

2 Pull Ups



- Hands shoulder width apart
- Pull yourself up slowly so elbows are 90 degrees
- Lower yourself down slowly

3 Push Ups



- Lie face down
- Come up onto hands and toe touching floor
- Lower yourself slowly down to just off the floor
- Then extend elbow back up to start position

4 Underhand Pull Ups



- Hold grip with knuckles facing outwards
- Hands close together
- Pull yourself up so elbows are 90 degrees
- Lower back down and repeat

5 TRX Squats



- Hold TRX straps make sure straps are tight
- Push hips back bend knees and lower to 90 degrees
- Then return back up slowly

6 Medicine Ball Presses



- Stand feet hip width apart
- Hold ball with both hands at chest height
- Push ball overhead and return back to start and repeat

7 TRX Lunges



- Stand on one leg, hold straps
- Lower down keeping knee in line with toes on the leg on standing leg
- The other leg keep bent at 90 degree's

8 Reverse Crunches



- Lie on back knees at 90 degrees
- Finger tips on side of head
- Keep eyes facing the ceiling
- Perform a crunch elbow to knees

9 TRX Bicep Curls



- Hold handles with both hands and feet shoulder width apart
- Extend your elbows and lower body back
- Keeping arms in line with chest height
- Curl back up keeping hands towards head

10 Mountain Climbers



- Get in to a Push Up position
- Bring one knee forward toward chest lift up hips slightly then return back
- Repeat on other leg

11 Tricep Dips



- Place palms on side of bench keep back close to bench
- Lower down to 90 degrees keeping close to the bench
- Repeat back up

12 TRX Back Rows



- Hold handles, place feet shoulder width apart
- Lean back holding the straps extending your elbows and body back
- Return back up to start position

12 days of
Christmas Exercises demo

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