



Free PDF Guide!

# 25 DAYS OF FITMAS

**25 Day Countdown to Christmas Fitness Program**

# **Disclaimer**

Please read the following user agreement and disclaimer below before beginning this exercise program.

Hiscoes Fitness Centre is not a licensed physician, before beginning any exercise plan it is your sole responsibility to get approval from your doctor beforehand.

All information within this eBook is meant to be for educational purposes only. By participating in this eBook, you agree to hereby release Hiscoes Fitness Centre, and Lynsey McGee of any harm or liability that you may encounter.

If you have an illness, pre-existing injury, or other health related issue, it is your sole responsibility to determine whether or not this plan is right for you.

By participating, you agree that in consideration of any workouts, you for yourself and any representatives of yourself hereby hold harmless Hiscoes Fitness Centre and Lynsey McGee from any claims arising from your participation in these workout plans.

# Thanks for joining!

Welcome to Hiscoes Fitmas Advent Calendar!

The challenge will begin on **December 1st and run through until Christmas day**, hence the name “25 Days of FITMAS.”

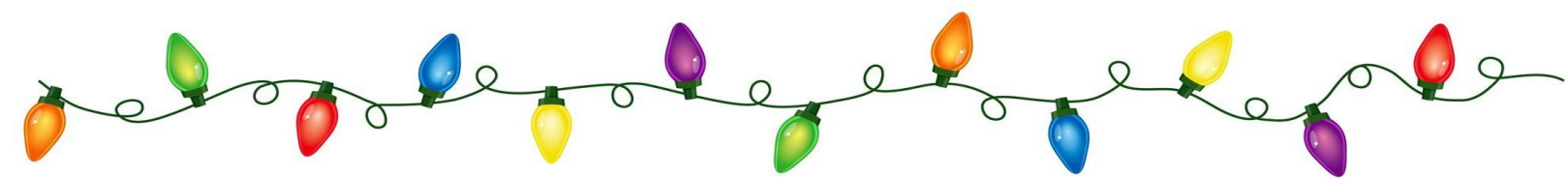
Each day, you will have a new workout or challenge to complete. This guide has everything that you need to get started-just follow it day by day. We will also be posting the workouts on facebook and Instagram so please check them if you need clarification of any of the exercises. Follow us on faebook <https://www.facebook.com/hiscoes/> and Instagram **@hiscoes\_gym**.

We'd love to see how you're doing, so if you're keen on social check in on Instagram and tag us [@hiscoes\\_gym](https://www.instagram.com/hiscoes_gym) to let us know how you are doing! Be sure your profile isn't private or else we won't be able to see you.

Why not get a friend to join you on this challenge? One of the best ways to stick to a training plan is to do it with a friend.

This program is great for those of you who are looking for something to do in the gym each day. If you are already working out, this shouldn't replace your current program but should be additional to what you are already doing.

GOOD LUCK! From Lynsey and Team Hiscoes



# TABATA Training

Squats (adv. Squat Jumps)

Push-ups

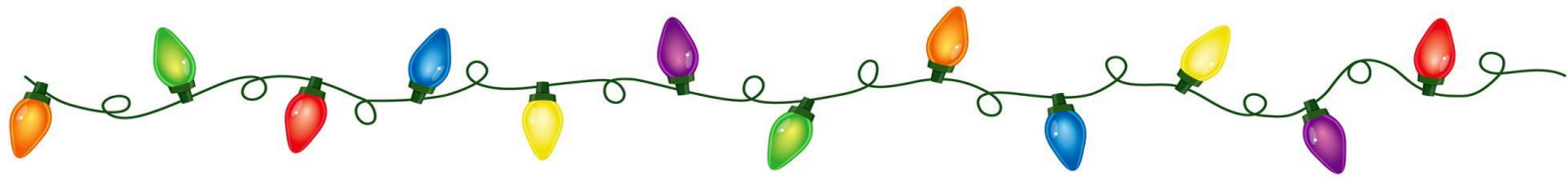
Lunges (adv. Jump lunges)

TRX Pull-Ups

Sit-ups (ADV. V-Snaps)

**20 sec/exercise 10 sec rest, complete 8 rounds per exercise. Rest for 60 seconds before moving on to the next exercise**

# 25 Days of FITMAS Challenge

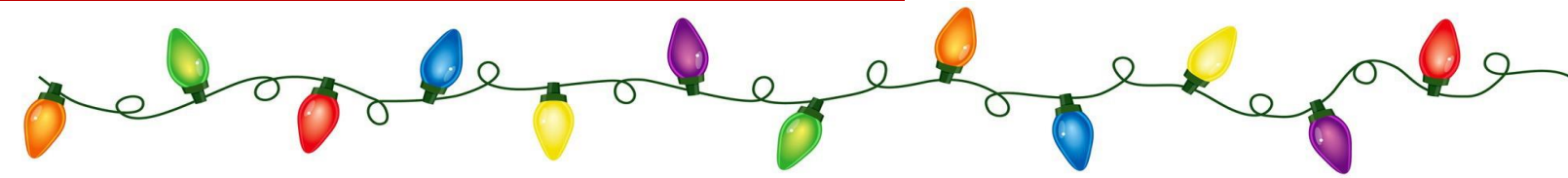


## Day 2 | Legs Workout

### Lower Body

Exercise	Sets	Reps
Weighted front squat	4	10
Sandbag lunges	4	10
Leg Press	4	10
Squat Jumps	3	20
Glute Bridges	3	20

# 25 Days of FITMAS Challenge

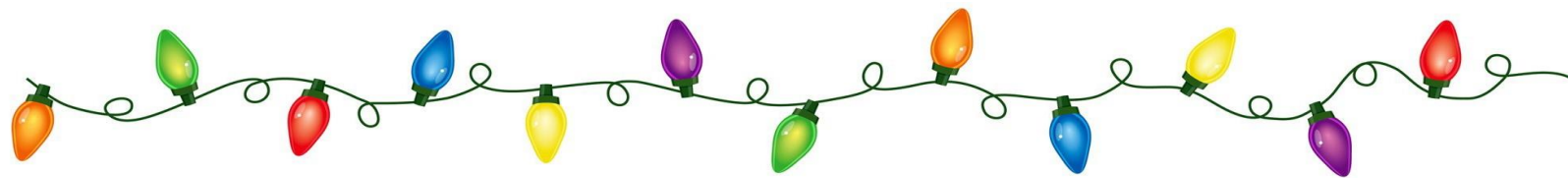


## Day 3 | Arms

# Upper Body

Exercise	Sets	Reps
Chin-Ups	4	8
Seated Row	4	10
Barbell High Pull	4	10
Dumbbell Shoulder Press	4	10
Push-Ups	3	20
Tricep Push-Down	3	10

# 25 Days of FITMAS Challenge



## Day 4 | Abs

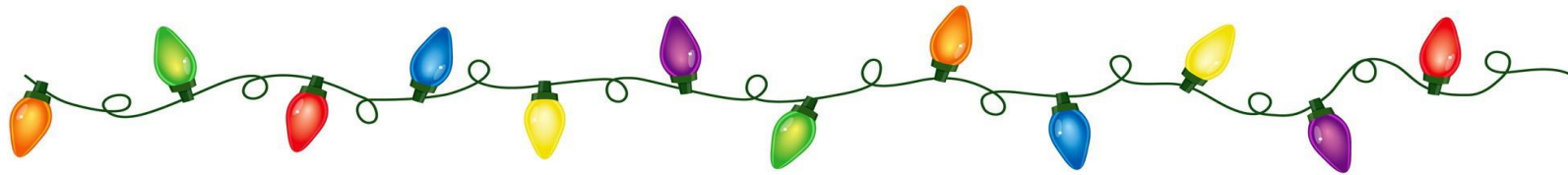
# Abs 100

Exercise	Reps
crunches	20
Full sit-ups	20
Ankle taps	20
Toe touches	20
Leg raises	20

Finish with 30 secs side plank each side. 60 secs regular plank.

Repeat the circuit 3-5 times

# 25 Days of FITMAS Challenge



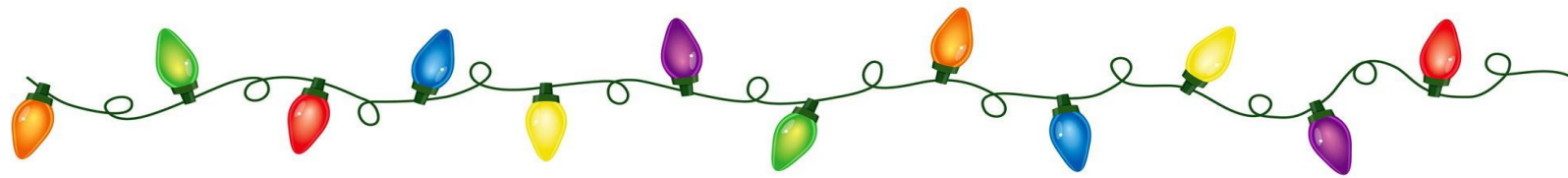
## Day 5 | Challenge

### **100 Burpees for time**

Do one hundred burpees as fast as you can. If you can't do 100 burpees in one go, complete 100 burpees by the end of the day.



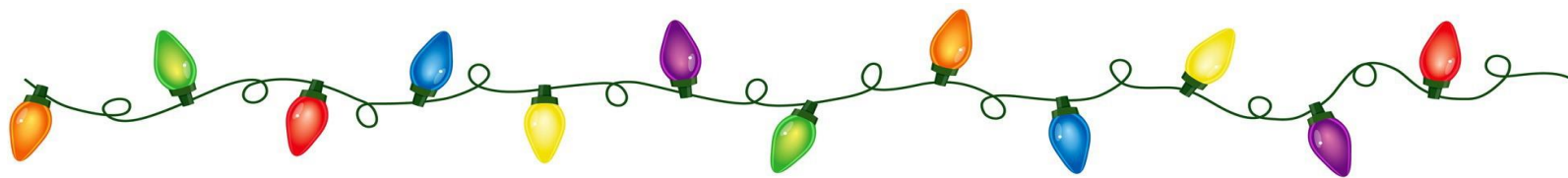
# 25 Days of FITMAS Challenge



## Day 6 | Endurance

# 5km run

Do a 5km run today. If you already run more than 5km then run your usual run. If running is not your thing then substitute for swimming or a bike ride, as long as you do it consistently for a minimum of 30mins.



# Full Body Kettlebell blast

10 clean and press

15 bentover row (each arm)

10 lunges (each leg)

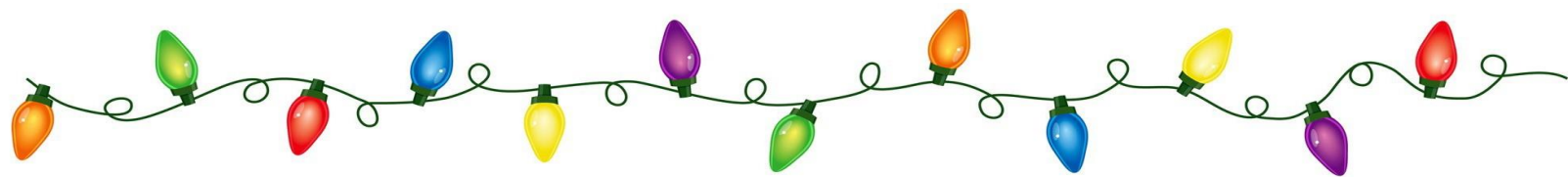
20 swings

20 push-ups

20 sit-ups

Perform 3 rounds (adv. 5 rounds)

# 25 Days of FITMAS Challenge



## Day 8 | HIIT

# HIIT 45:15

Set your timer for 45 seconds work, 15 seconds rest

Walkout to commando

Push-up with 4 mountain climbers

Dumbbell Clean and press

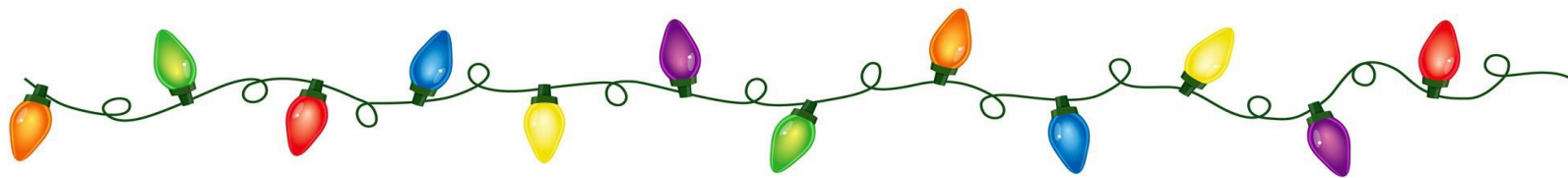
Dumbbell Reverse lunge

Alternating v-snap

Dumbbell Bentover Row

Complete the circuit 3 times, rest  
one minute between each round.

# 25 Days of FITMAS Challenge

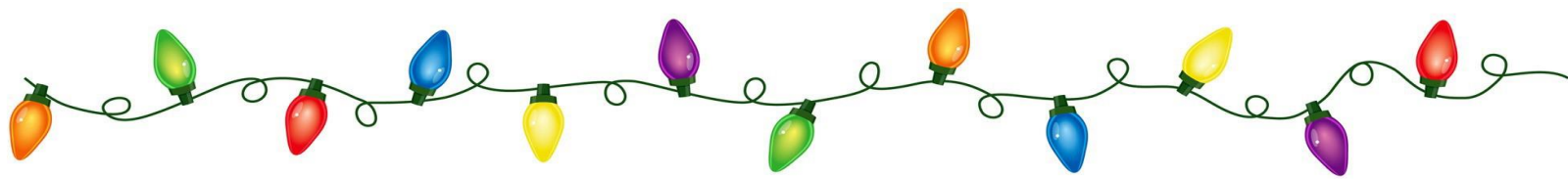


## Day 9 | Legs

### Lower Body

Exercise	Sets	Reps
Weighted front squat	4	10
Sandbag lunges	4	10
Leg Press	4	10
Squat Jumps	3	20
Glute Bridges	3	20

# 25 Days of FITMAS Challenge

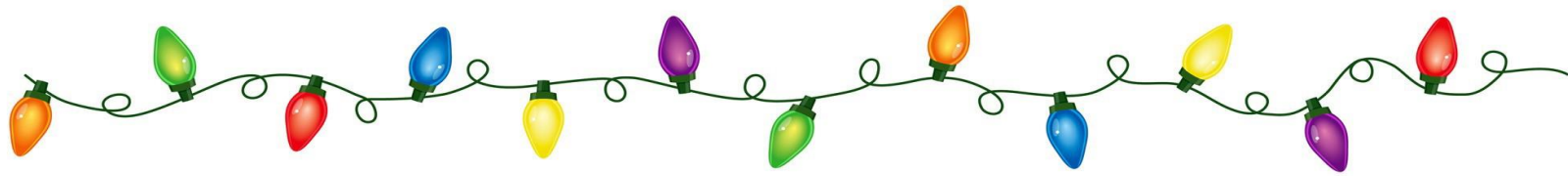


## Day 10 | Arms

# Upper Body

Exercise	Sets	Reps
Chin-Ups	4	8
Seated Row	4	10
Barbell High Pull	4	10
Dumbbell Shoulder Press	4	10
Push-Ups	3	20
Tricep Push-Down	3	10

# 25 Days of FITMAS Challenge



## Day 11 | Challenge

# Handstands

**HANDSTAND CHALLENGE:** Spend 10 mins getting inverted today. If you can do a handstand then you can practice. If not, then you can place your feet on the wall or a tall box and walk your hands in until they are directly under your shoulders. Hold this position for 5 seconds rest and repeat. Check our instagram feed for more ideas.

# 25 Days of FITMAS Challenge

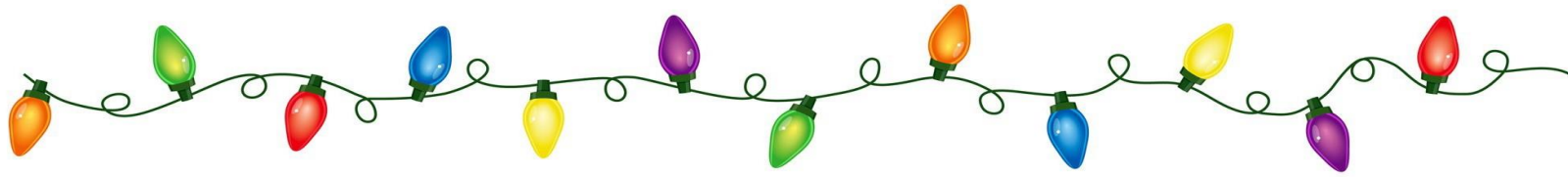


## Day 12 | Abs

# Abs 100

Exercise	Reps
crunches	20
Full sit-ups	20
Ankle taps	20
Toe touches	20
Leg raises	20

Finish with 30 secs side plank each side. 60 secs regular plank.  
Repeat the circuit 3-5 times



# Full Body Kettlebell blast

10 clean and press

15 bentover row (each arm)

10 lunges (each leg)

20 swings

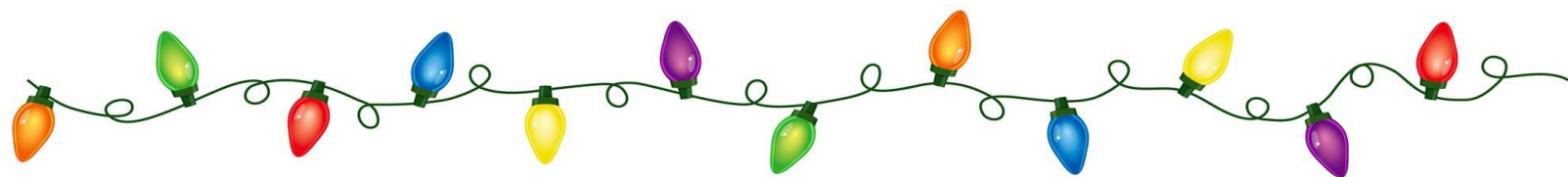
20 push-ups

20 sit-ups

Perform 3 rounds (adv. 5 rounds)



# 25 Days of FITMAS Challenge

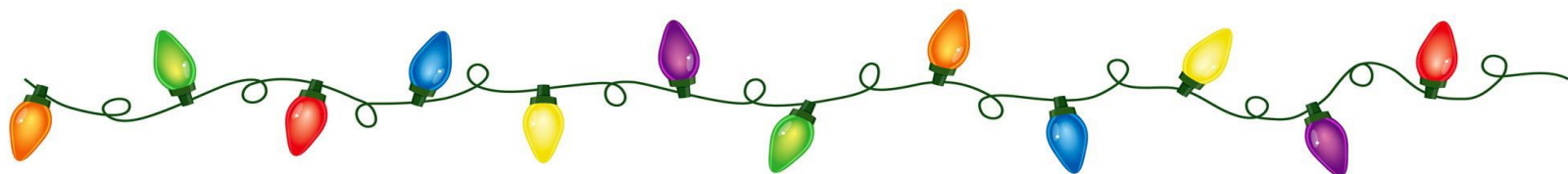


## Day 14 | Endurance

# 5km run

Do a 5km run today. If you already run more than 5km then run your usual run. If running is not your thing, then substitute for swimming or a bike ride, as long as you do it consistently for a minimum of 30mins.

# 25 Days of FITMAS Challenge



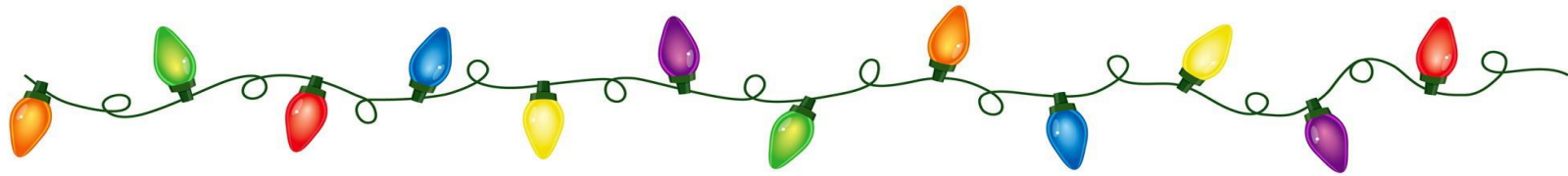
## Day 15 | Legs

### Lower Body

Exercise	Sets	Reps
Weighted front squat	4	10
Sandbag lunges	4	10
Leg Press	4	10
Squat Jumps	3	20
Glute Bridges	3	20

**BONUS CHALLENGE: 100 Second Wall Sit**

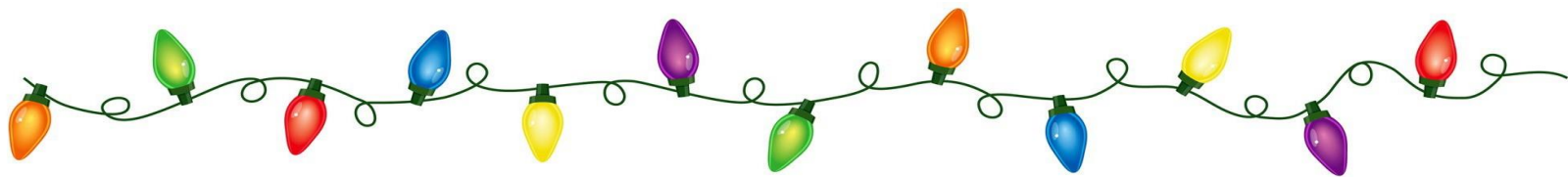
# 25 Days of FITMAS Challenge



## Day 16 | Arms

### Upper Body

Exercise	Sets	Reps
Chin-Ups	4	8
Seated Row	4	10
Barbell High Pull	4	10
Dumbbell Shoulder Press	4	10
Push-Ups	3	20
Tricep Push-Down	3	10

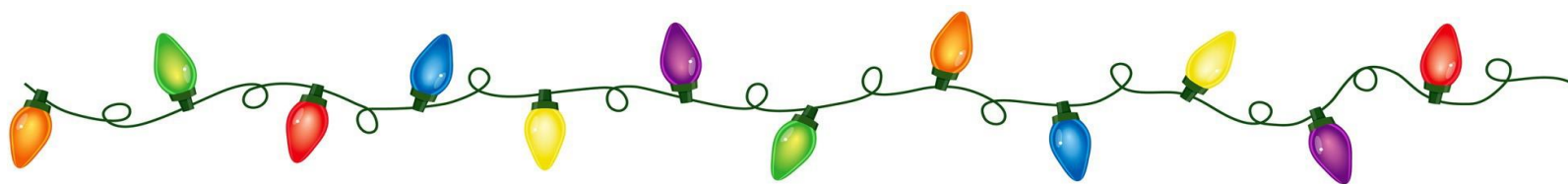


### Rounds for time

Exercise	Reps
Row	250m
Box Jumps	40
Russian Twists	30
Push-ups	20
Pull-ups	10

**Complete all of the above as fast as you can. Check your time. Rest then repeat the circuit and aim to beat or match your time. Repeat.**

# 25 Days of FITMAS Challenge

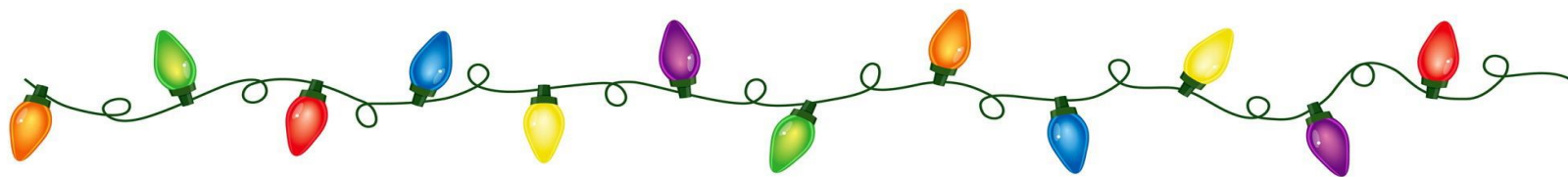


## Day 18 | Abs

# Abs 100

Exercise	Reps
crunches	20
Full sit-ups	20
Ankle taps	20
Toe touches	20
Leg raises	20

Finish with 30 secs side plank each side. 60 secs regular plank.  
Repeat the circuit 3-5 times

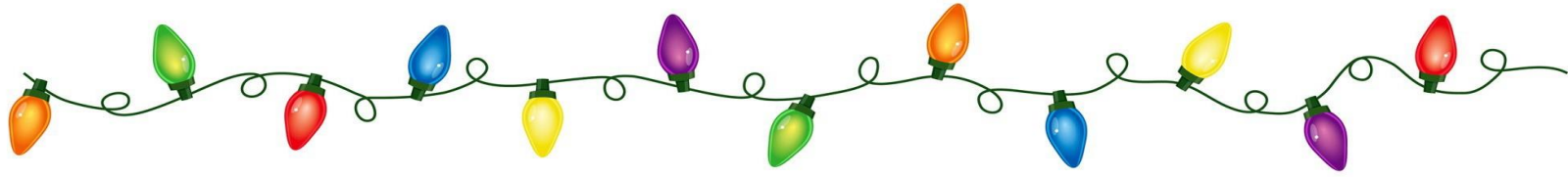


## Day 19 | Endurance

# 5km run

Do a 5km run today. If you already run more than 5km then run your usual run. If running is not your thing, then substitute for swimming or a bike ride, as long as you do it consistently for a minimum of 30mins.

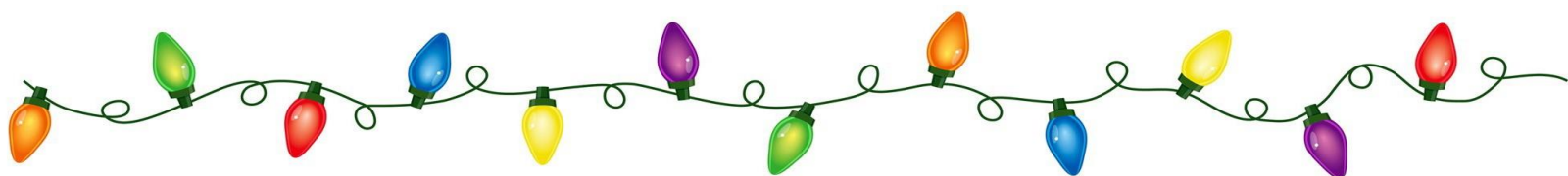
# 25 Days of FITMAS Challenge



## Day 20 | Challenge

# 250 Push-ups Today

Complete 250 push-ups today over the course of the day – with good form.



# Full Body Kettlebell blast

10 clean and press

15 bentover row (each arm)

10 lunges (each leg)

20 swings

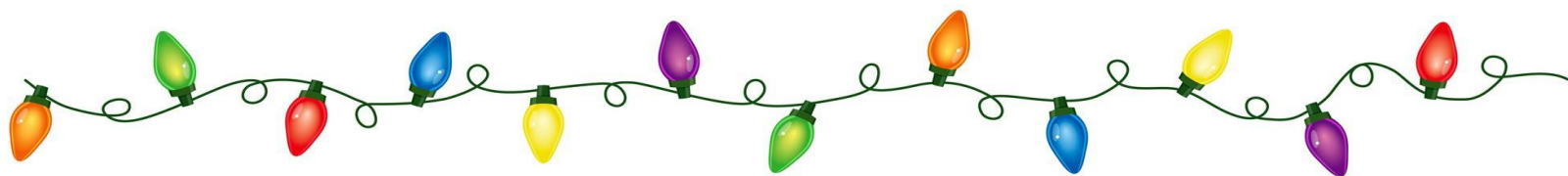
20 push-ups

20 sit-ups

Perform 3 rounds (adv. 5 rounds)



# 25 Days of FITMAS Challenge

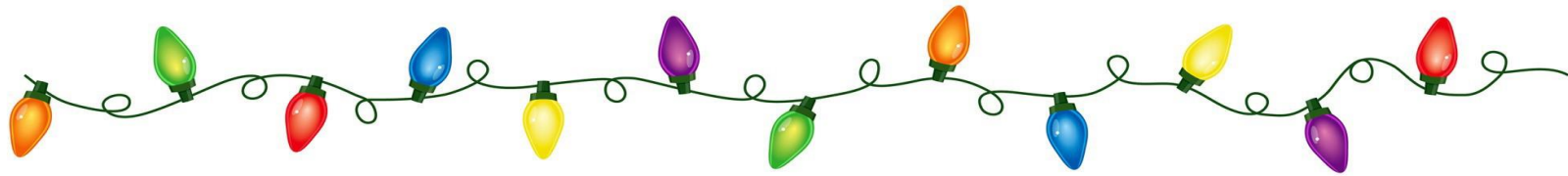


## Day 22 | Legs

### Lower Body

Exercise	Sets	Reps
Weighted front squat	4	10
Sandbag lunges	4	10
Leg Press	4	10
Squat Jumps	3	20
Glute Bridges	3	20

**BONUS CHALLENGE: 100 Jumping Lunges**

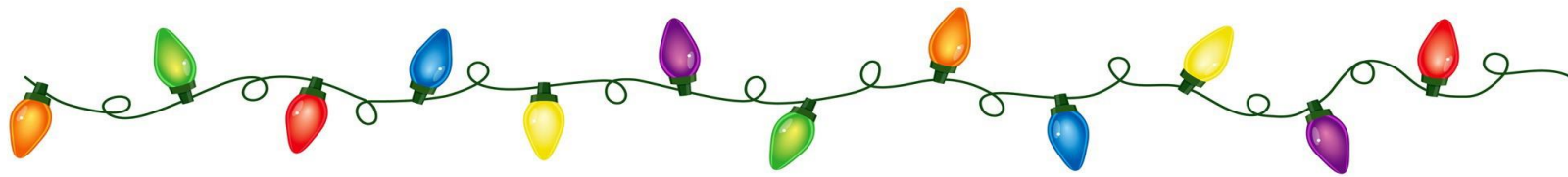


# Six Pack Abs Challenge

Exercise	Sets	Reps
Heel Touches	3	20 (each side)
Leg Pull-In Knee-Up	3	20
Flutter Kicks	3	20
Windshield Wipers	3	20
Lying Leg Raise	3	20

**BONUS CHALLENGE:** Perform 500 crunches throughout the day.

# 25 Days of FITMAS Challenge



## Day 24 | Arms

Exercise	Sets	Reps
Chin-Ups	4	8
Seated Row	4	10
Barbell High Pull	4	10
Dumbbell Shoulder Press	4	10
Push-Ups	3	20
Tricep Push-Down	3	10

**BONUS CHALLENGE:** Perform 50 bicep curls.

# MERRY CHRISTMAS!

You made it! It's Christmas Day and now you get to take a day off and have some fun! Today's challenge is to get in some exercise with friends and family. Backyard cricket? A swim at the beach? A post-Christmas lunch walk around the park?

And if you enjoyed this challenge – want to join us for a 30 DAY HIIT Challenge starting Monday January 8<sup>th</sup>. If you can attend 20 HIIT sessions in 30 days, you get 30 days HIIT membership for free!

[hiscoes.com.au/30-day-hiit-challenge/](https://hiscoes.com.au/30-day-hiit-challenge/) for more details