

Holiday AMRAP!

8 WEEK EXERCISE PLAN
TO MAKE FITNESS EASY
DURING THE HOLIDAYS

WHAT YOU'LL NEED FOR THESE WORKOUTS

3-4 PAIRS OF DUMBBELLS

Some of these exercises were written with dumbbells in mind as the resistance that you'll be using, but a little creativity can go a long way! If you don't have dumbbells, you can use any form of weight that you can progress from week to week. Resistance bands can help cover these moves as well!

That's it! Have fun!



GENERAL WORKOUT GUIDELINES

Think of these guidelines as “best practices” tips as you go throughout any workout that you do in this program.

1. **BE SAFE** - Injury is the worst case scenario when it comes to making progress toward your fitness goals. Do not attempt to lift any weights with your ego.
2. **PUSH YOURSELF** - On the flip side, these workouts will only be effective if you truly apply your focus and effort. Try bumping up your weight by one increment. If you are being safe, the worst case scenario is that you simply won't be able to complete all of the prescribed reps. Do not add more reps if a set felt too easy. Add more weight, then add more time.
3. **PUSH YOUR LEGS** - Most people will be able to lift significantly more with their legs than with their arms, so don't be afraid to push some challenging weight! Your legs are strong and are made up of lots of muscle mass. Use it!
4. **CHOOSE YOUR OWN VARIATIONS** - I wrote out and demonstrated most of the exercises using bands and dumbbells because that's what most people have access to. However, as long as you stay within the guidelines of the movement pattern of each exercise, you can add weights or chains, swap out the bands for sandbags, gallons of milk or even change the tempo of the exercises! These are all fringe details, and will not have a significant impact on your progress one way or another.
5. **USE YOUR RESOURCES** - Each exercise title in this workout plan is a hyperlink to a demonstration video. Click on these if you need more concrete directions!
6. **HAVE FUN** - Remember that there is probably not a real rush for you. You may feel in a hurry to reach your goals, but take a little time to “smell the bands” and enjoy the journey!

WORKOUT PROGRAM OVERVIEW

"HOLIDAY AMRAP"			
Length	Goal	Workouts/Week	Split
8 Weeks	Total Body Strength	3	Total Body

Last-minute shopping and pumpkin pie aren't the bad guys here, but they don't exactly make reaching your fitness goals any easier.

In times like these, it truly helps to have some sort of framework in place (bonus points if it's flexible!) to help you navigate through this season without completely losing sight of what you worked so hard for the rest of the year.

And this is exactly why I created a brand new November/December program called "Holiday AMRAP."

I dedicate this one to all you busy parents who are trying to juggle enough as is, much less writing your own workout programs!

"Holiday AMRAP" will give you enough flexibility to cater each workout to however much time you have on any given day.

This is the nature of an AMRAP workout, which stands for "As Many Rounds As Possible." Each workout involves setting a timer (for however much time you have that day), and completing as many rounds as possible of the given exercises.

And that's it. It's that simple and that powerful.

You can still fit in a great workout no matter what your schedule looks like, and no matter how much turkey or cookies you eat! All that being said, this program is not free from effort or intensity - you'll still need to apply yourself to each move, and to each rep. They won't be easy, but you'll feel great and proud after you complete each one.

A QUICK EXAMPLE!

Just to clear up any confusion about how to structure/document your workouts over the next few weeks, here's an example that will show you exactly what to do and what to record.

Let's say it's a Tuesday night, and you have 20 minutes to get a great workout in. You're on the very first workout of the program, and you're pumped to get started.

At the top of each workout page, you'll see these directions:

Directions: Divide your total workout time in half, and record this new time in each of the two time boxes for your workout. Set a timer for that amount, and alternate between the two exercises of the same letter (i.e. A1 and A2) with as little rest as possible for the duration of the timer. When the timer finishes, rest as needed, then move on to the next two exercises of the same letter (i.e. B1 and B2) for the duration of the timer.

Here's what the blank workout template looks like:

AMRAP Workout 1			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Bench Press/Push-Up	10			
A2)	Single-Leg Hip Thrust	10			
B1)	Single-Arm Bent Over Row	10			
B2)	Squat	10			

And here's an example of what your workout template will look like afterward:

AMRAP Workout 1			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Bench Press/Push-Up	10	10 MIN	30#	4
A2)	Single-Leg Hip Thrust	10		45#	4
B1)	Single-Arm Bent Over Row	10	10 MIN	30#	4
B2)	Squat	10		60#	3

Week 1

Directions: Divide your total workout time in half, and record this new time in each of the two time boxes for your workout. Set a timer for that amount, and alternate between the two exercises of the same letter (i.e. A1 and A2) with as little rest as possible for the duration of the timer. When the timer finishes, rest as needed, then move on to the next two exercises of the same letter (i.e. B1 and B2) for the duration of the timer.

AMRAP Workout 1			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Bench Press/Push-Up	10			
A2)	Single-Leg Hip Thrust	10			
B1)	Single-Arm Bent Over Row	10			
B2)	Squat	10			

AMRAP Workout 2			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Extension	10			
A2)	Romanian Deadlift	10			
B1)	Biceps Curl	10			
B2)	Side Lean	10			

AMRAP Workout 3			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Press	10			
A2)	Double Clamshell	10			
B1)	Lat Pull-Down/Superman Pull-Up	10			
B2)	Bulgarian Split Squat	10			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 2

Directions: Divide your total workout time in half, and record this new time in each of the two time boxes for your workout. Set a timer for that amount, and alternate between the two exercises of the same letter (i.e. A1 and A2) with as little rest as possible for the duration of the timer. When the timer finishes, rest as needed, then move on to the next two exercises of the same letter (i.e. B1 and B2) for the duration of the timer.

AMRAP Workout 1			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Bench Press/Push-Up	12			
A2)	Single-Leg Hip Thrust	12			
B1)	Single-Arm Bent Over Row	12			
B2)	Squat	12			

AMRAP Workout 2			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Extension	12			
A2)	Romanian Deadlift	12			
B1)	Biceps Curl	12			
B2)	Side Lean	12			

AMRAP Workout 3			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Press	12			
A2)	Double Clamshell	12			
B1)	Lat Pull-Down/Superman Pull-Up	12			
B2)	Bulgarian Split Squat	12			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 3

Directions: Divide your total workout time in half, and record this new time in each of the two time boxes for your workout. Set a timer for that amount, and alternate between the two exercises of the same letter (i.e. A1 and A2) with as little rest as possible for the duration of the timer. When the timer finishes, rest as needed, then move on to the next two exercises of the same letter (i.e. B1 and B2) for the duration of the timer.

AMRAP Workout 1			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Bench Press/Push-Up	15			
A2)	Single-Leg Hip Thrust	15			
B1)	Single-Arm Bent Over Row	15			
B2)	Squat	15			

AMRAP Workout 2			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Extension	15			
A2)	Romanian Deadlift	15			
B1)	Biceps Curl	15			
B2)	Side Lean	15			

AMRAP Workout 3			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Press	15			
A2)	Double Clamshell	15			
B1)	Lat Pull-Down/Superman Pull-Up	15			
B2)	Bulgarian Split Squat	15			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 4

Directions: Divide your total workout time in half, and record this new time in each of the two time boxes for your workout. Set a timer for that amount, and alternate between the two exercises of the same letter (i.e. A1 and A2) with as little rest as possible for the duration of the timer. When the timer finishes, rest as needed, then move on to the next two exercises of the same letter (i.e. B1 and B2) for the duration of the timer.

AMRAP Workout 1			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Bench Press/Push-Up	20			
A2)	Single-Leg Hip Thrust	20			
B1)	Single-Arm Bent Over Row	20			
B2)	Squat	20			

AMRAP Workout 2			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Extension	20			
A2)	Romanian Deadlift	20			
B1)	Biceps Curl	20			
B2)	Side Lean	20			

AMRAP Workout 3			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Press	20			
A2)	Double Clamshell	20			
B1)	Lat Pull-Down/Superman Pull-Up	20			
B2)	Bulgarian Split Squat	20			

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Week 5

Directions: Divide your total workout time in half, and record this new time in each of the two time boxes for your workout. Set a timer for that amount, and alternate between the two exercises of the same letter (i.e. A1 and A2) with as little rest as possible for the duration of the timer. When the timer finishes, rest as needed, then move on to the next two exercises of the same letter (i.e. B1 and B2) for the duration of the timer.

AMRAP Workout 1			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Bench Press/Push-Up	10			
A2)	Single-Leg Hip Thrust	10			
B1)	Single-Arm Bent Over Row	10			
B2)	Squat	10			

AMRAP Workout 2			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Extension	10			
A2)	Romanian Deadlift	10			
B1)	Biceps Curl	10			
B2)	Side Lean	10			

AMRAP Workout 3			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Press	10			
A2)	Double Clamshell	10			
B1)	Lat Pull-Down/Superman Pull-Up	10			
B2)	Bulgarian Split Squat	10			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 6

Directions: Divide your total workout time in half, and record this new time in each of the two time boxes for your workout. Set a timer for that amount, and alternate between the two exercises of the same letter (i.e. A1 and A2) with as little rest as possible for the duration of the timer. When the timer finishes, rest as needed, then move on to the next two exercises of the same letter (i.e. B1 and B2) for the duration of the timer.

AMRAP Workout 1			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Bench Press/Push-Up	12			
A2)	Single-Leg Hip Thrust	12			
B1)	Single-Arm Bent Over Row	12			
B2)	Squat	12			

AMRAP Workout 2			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Extension	12			
A2)	Romanian Deadlift	12			
B1)	Biceps Curl	12			
B2)	Side Lean	12			

AMRAP Workout 3			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Press	12			
A2)	Double Clamshell	12			
B1)	Lat Pull-Down/Superman Pull-Up	12			
B2)	Bulgarian Split Squat	12			

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Week 7

Directions: Divide your total workout time in half, and record this new time in each of the two time boxes for your workout. Set a timer for that amount, and alternate between the two exercises of the same letter (i.e. A1 and A2) with as little rest as possible for the duration of the timer. When the timer finishes, rest as needed, then move on to the next two exercises of the same letter (i.e. B1 and B2) for the duration of the timer.

AMRAP Workout 1			Time	Weight	Rounds
EXERCISE	REPS				
A1)	Bench Press/Push-Up	15			
A2)	Single-Leg Hip Thrust	15			
B1)	Single-Arm Bent Over Row	15			
B2)	Squat	15			

AMRAP Workout 2			Time	Weight	Rounds
EXERCISE	REPS				
A1)	Overhead Extension	15			
A2)	Romanian Deadlift	15			
B1)	Biceps Curl	15			
B2)	Side Lean	15			

AMRAP Workout 3			Time	Weight	Rounds
EXERCISE	REPS				
A1)	Overhead Press	15			
A2)	Double Clamshell	15			
B1)	Lat Pull-Down/Superman Pull-Up	15			
B2)	Bulgarian Split Squat	15			

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Week 8

Directions: Divide your total workout time in half, and record this new time in each of the two time boxes for your workout. Set a timer for that amount, and alternate between the two exercises of the same letter (i.e. A1 and A2) with as little rest as possible for the duration of the timer. When the timer finishes, rest as needed, then move on to the next two exercises of the same letter (i.e. B1 and B2) for the duration of the timer.

AMRAP Workout 1			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Bench Press/Push-Up	20			
A2)	Single-Leg Hip Thrust	20			
B1)	Single-Arm Bent Over Row	20			
B2)	Squat	20			

AMRAP Workout 2			Time	Weight	Rounds
	EXERCISE	REPS			
A1)	Overhead Extension	20			
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B2)	Side Lean	20			

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A1)	Overhead Press	20			
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ADDITIONAL WORKOUT OPTIONS

If you are more experienced or looking for a more advanced challenge, try incorporating some of these techniques into the workouts from this block:

1. **SHORTENED ROM** - The heavy compound lifts already use many different muscle groups all at once. Instead of moving through a full range of motion, make those muscles work even harder by stopping just shy of full extension on each rep. This will create a “pump” sensation caused by metabolic byproducts, which leads to a greater stress response.
2. **SUPPLEMENTAL WORK** - This program will help cover most of your bases fitness-wise, but you’re welcome to tack on any extra exercises/techniques as you see fit for your goals! If you want to work out a specific muscle group more, or train a specific movement pattern, place this supplemental work within the given workouts.
3. **INCREASED TEMPO** - Speeding up your rep speed can be a great way to create explosive power. Specifically, adding an element of controlled speed to the concentric half of a movement is tough! Try this technique out on the heavy compound lifts. Use in combination with a shortened ROM for a great workout!
4. **DECREASED TEMPO** - On the flip side, slowing down your rep speed creates more time under tension and can make any given weight feel more challenging. This is convenient if you are using the maximum weight that you have access to but it still feels too easy. Slow down the eccentric half of a movement to force muscular control. This also works well for the heavy compound lifts.
5. **FOCUS** - Do not underestimate the power of the mind-muscle connection. This isn’t magic of course, but focusing on the muscles that are working to create the movement of each exercise can take your workouts to a new level. Rather than whipping a too-heavy weight around without much thought, grab an appropriate weight and watch your muscles contract under tension. It’s beautiful, too!