



CROSS CiRCUIT Workout

CLASS NAME: Christmas Cross Circuit

CLASS GOAL: Christmas themed to spice up your workout

Minutes	Activity
1-5	WARM-UP
5-6	Santa Shuffle (squat stepping) - med
6-7	CARDIO LEVEL 7
7-8	Coffee Curls (biceps curls) - med
8-9	CARDIO LEVEL 7
9-10	Stocking Stuffers (legs raised crunch)
10-11	CARDIO LEVEL 7
11-12	Jumping for Toys (squat jumps)
12-13	CARDIO LEVEL 8
13-14	Mistletoes (toe raises) - med
14-15	CARDIO LEVEL 8
15-16	Wine press (W press) – low/med
16-17	CARDIO LEVEL 8
17-18	Fruitcake Crunch (bicycle crunches)
18-19	CARDIO LEVEL 9
19-20	Chimney Sweep (speed skater) - low
20-21	CARDIO LEVEL 9
21-22	Chop the Wood (woodchops 30 sec ea side) - med
22-23	CARDIO LEVEL 8
23-24	Shop till you Dropsie (dropsie/stand to kneel with arms up)-low
24-25	CARDIO LEVEL 8
25-26	Rudolph Row (bent over row) - heavy
26-27	CARDIO LEVEL
27-28	The Grinch (jump lunges)
28-30	COOL DOWN

CROSS CiRCUIT SAFETY AND PROGRAMMING

Four easy things to remember before each workout

1. Stop arms and pedals before getting off the machine
2. Adjust weights appropriately for mixed cardio & strength
3. Fit PowerBlock pin fully and securely in PowerBlock before lifting
4. Exit first, only use PowerBlocks on the ground, not on the machine



CROSS CiRCUIT Workout

CLASS NAME: Christmas Cross Circuit 2

CLASS GOAL: Christmas themed to spice up your workout

Minutes	Activity
1-5	WARM-UP
5-6	Candy Cane Crossover (crossover lunge) - med
6-7	CARDIO LEVEL 7
7-8	Plum Pudding Pushups (push up with renegade row) - med
8-9	CARDIO LEVEL 7
9-10	Kris Kringle Crunch (crossover crunch 30 sec ea side)
10-11	CARDIO LEVEL 7
11-12	Jumping Jack Frost (jumping jacks) - low
12-13	CARDIO LEVEL 8
13-14	Decorative Deadlift (RDL w/row at bottom) - med
14-15	CARDIO LEVEL 8
15-16	Frosty Flies (glute bridge chest fly) - med
16-17	CARDIO LEVEL 8
17-18	Package of Planks (side plank 30 sec ea side)
18-19	CARDIO LEVEL 9
19-20	Holiday Hops (hopping front to back)
20-21	CARDIO LEVEL 9
21-22	King Kicks (squat with alternating front kicks) - low
22-23	CARDIO LEVEL 8
23-24	Trimming the Triceps (overhead triceps extension) - med
24-25	CARDIO LEVEL 8
25-26	Angel Abs (crunch – side, middle, side)
26-27	CARDIO LEVEL
27-28	Scrooge (squat thrust)
28-30	COOL DOWN

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