HOW TO USE THIS CALENDAR:

1. Bi-weekly Challenge calendars will be sent to your email on Nov. 21, Dec. 5, and Dec 19th or online at montana.edu/getfit.
2. Earn 1 point by doing a daily workout of your choice.
3. Earn 1 additional point by adding the 15 minute bonus workout from the Challenge calendar.
4. Keep track of your points on the calendar.
5. Email your total points at the end of each week to recsports@montana.edu. Watch your points “pile up” under the tree in the HFC Lobby.
6. Nutrition quiz answers can be found at facebook.com/MSURecSports every Wednesday.
7. Prizes for participants who complete the Holiday Fitness Challenge can be picked up after January 3, 2017 in 118 HFC.

NOTES:

Strength Circuits
- Circuits can be performed 4 rounds, 6 rounds or 8 rounds depending on time available
- As Many Rounds as Possible (AMRAP) for time. Suggested times:
  - 15 Min = Beginner
  - 20 Min = Intermediate
  - 25 Min = Advanced

Cardio Intervals - Perform exercise at high intensity for 20 seconds and rest for 10. Do exercises as a circuit
- Rest 30, 45 or 60 seconds (depending on fitness level) after each complete round of moves.
- Suggested Interval Times:
  - Beginner - 20 sec work / 10 sec rest
  - Intermediate - 15 sec work / 10 sec rest
  - Advanced - 30 sec work / 15 sec rest

Abbreviated Terms:
- Kettlebell (KB)
- Dumbbell (DB)
- Overhead (OH)
### Holiday Fitness Challenge

#### WEEK 3
**MONDAY**
- **PRANCER**
  - Strength Circuit
  - AMRAP
    - 30x DB Romanian Deadlift
    - 50x Box Jumps
    - 30x Wall Balls
  - +1 WORKOUT:
  - +1 BONUS:
- **TOTAL POINTS**:

**TUESDAY**
- **VIXEN**
  - Cardio Interval
  - AMRAP
    - Push Ups or Kneeling Push Ups
    - Side Plank on each side
    - Plank to Stand
    - Walking Lunges
    - Seal Jacks
  - +1 WORKOUT:
  - +1 BONUS:
- **TOTAL POINTS**:

**WEDNESDAY**
- **STRETCH/REST**
  - NUTRITION QUIZ:
  - What Christmas treat is the naughtiest?
  - A) Sugar Cookie
  - B) Candy Cane
  - C) Gingerbread man
  - +1 WORKOUT:
  - +1 BONUS:
- **TOTAL POINTS**:

**THURSDAY**
- **COMET**
  - Strength Circuit
  - AMRAP
    - 10x Burpees (no push up)
    - 10x Air Squats
    - 10x KB Swings
    - 10x TRX Rows
    - 1 mile run on a treadmill
  - +1 WORKOUT:
  - +1 BONUS:
- **TOTAL POINTS**:

**FRIDAY**
- **CUPID**
  - Cardio Interval
  - AMRAP
    - Alternating Walking Lunges or Jump Lunges
    - Push Ups
    - Lying Knee Tucks
    - Sumo Squats
    - Side to Side Line Jumps
  - +1 WORKOUT:
  - +1 BONUS:
- **TOTAL POINTS**:

**SATURDAY/SUNDAY**
- **STRETCH/REST**
- **NUTRITION QUIZ:**
- **STRETCH/REST**
- **NUTRITION TIP:**

#### WEEK 4
**MONDAY**
- **DONNER**
  - Strength Circuit
  - AMRAP
    - 5x Single KB Swings - Right
    - 5x Single KB Swings - Left
    - 5x Single OH DB Shoulder Press - Right
    - 5x Single OH DB Shoulder Press - Left
    - 10x Wall Balls
  - +1 WORKOUT:
  - +1 BONUS:
- **TOTAL POINTS**:

**TUESDAY**
- **BLITZEN**
  - Cardio Interval
  - AMRAP
    - OH Arm Claps
    - Superman’s
    - Plan In/Out’s
    - Planks
    - Squat Jumps
  - +1 WORKOUT:
  - +1 BONUS:
- **TOTAL POINTS**:

**WEDNESDAY**
- **STRETCH/REST**
  - NUTRITION QUIZ:
  - Which is the healthiest cup of holiday cheer?
  - A) Wine
  - B) Champagne
  - C) Eggnog
  - +1 WORKOUT:
  - +1 BONUS:
- **TOTAL POINTS**:

**THURSDAY**
- **RUDOLPH**
  - Strength Circuit
  - AMRAP
    - 10x DB Romanian Deadlift
    - 5x Plank Oblique Knee (each side)
    - 10x Burpees w/ Push Up
  - +1 WORKOUT:
  - +1 BONUS:
- **TOTAL POINTS**:

**FRIDAY**
- **WRAPPING PAPER**
  - Cardio Interval
  - AMRAP
    - Prisoner Squats
    - Flutter Kicks
    - Squat Jumps
    - Single Leg Deadlift
    - Jumping Jacks
  - +1 WORKOUT:
  - +1 BONUS:
- **TOTAL POINTS**:

**SATURDAY/SUNDAY**
- **STRETCH/REST**
- **NUTRITION TIP:**

For dessert, go with the option of fat and sugar, rather than just sugar. Fat will slow the rate of delivery of sugar into the bloodstream. Sugar spikes are what get us into trouble because the body naturally shuttles it out of the bloodstream and into the fat cells.

**TOTAL WEEKLY POINTS:**

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**AMRAP**
- 30x DB Romanian Deadlift
- 30x Box Jumps
- 30x Wall Balls

**PRANCER**
- Strength Circuit

**VIXEN**
- Cardio Interval

**STRETCH/REST**

**NUTRITION QUIZ:**
- What Christmas treat is the naughtiest?
- A) Sugar Cookie
- B) Candy Cane
- C) Gingerbread man

**TOTAL POINTS:**

**CUPID**
- Cardio Interval

**STRETCH/REST**

**NUTRITION TIP:**
- Bake your pumpkin pie with almond milk and ground flax. an equal amount of almond milk for evaporated milk. If you have an egg allergy, mix 1 tablespoon ground flax with 3 tablespoons warm water (for every 1 egg) and let it sit for 15 minutes. It acts as both a binder and an egg substitute.

**TOTAL WEEKLY POINTS:**