



# 20 MINUTE HOLIDAY BURN

Two effective & efficient workout options to burn away those extra holiday calories

Consumer Reports estimates the average American consumes 3500-4500 calories during a Thanksgiving meal. The days surrounding Thanksgiving are also typically times of over-indulging. While that is normalized, and expected, it is smartest to minimize the impact that this week will have on your body. One great way to mitigate the impact of this calorie load, other than up front avoidance of calories, is to make as many as meals as possible RECOVERY meals from workouts you do! If you can sneak in your workouts before indulging, more of the calories you consume will go to muscle and tissue repair.

Here are some great workout options with a high calorie burn rate. No equipment required, but can easily be substituted!

## 300

- ½ mile run/power walk
- 100 air squats / 100 Pushups / 100 Sit-ups or crunches
- ½ mile run/power walk



### PRO TIP:

- Complete from start to finish as fast as you can! Time yourself, and race against other family members
- EVERYONE can scale this workout to a point that works for them
- Squats should be to below knee height (use a chair or stool and squat until butt touches down). Push-ups can be modified by pivoting from knee, or with hands on higher platform (like steps)
- Do this Thursday morning, and repeat on Saturday to see if you can beat your time.
- This workout can be added to, broken up, or modified as needed. Add distance to the run/walk, reps, or resistance. You can do this "chipper style", meaning you fight through all 100 reps (rest as needed, but as little as possible) in one exercise before moving on to the next, or you can break up into 10 rounds of 10 reps each, 4 rounds of 25, 2 rounds of 50, etc.

## 100

- Burpees for time



### PRO TIP:

- Burpees are a tremendously effective way to burn calories - done properly, they target the whole body – chest, back, core, and hips! No muscle group big or small can hide from a proper burpee.
  - Begin a burpee laying down on the ground, with arms in push-up position. Press explosively into a pushup while simultaneously kicking your feet underneath you to a stance – as soon as your feet hit the ground, perform a squat, and then jump straight up into the air. That's one burpee – repeat!
- Find the right surface – a carpeted floor is great for burpees, or at least use of a workout mat is recommended for your wrists.
- Perform 100 reps, or modify your rep count. Time yourself
- 100 burpees can be done in as few as 8 or 9 minutes (*this is considered very fast!*).