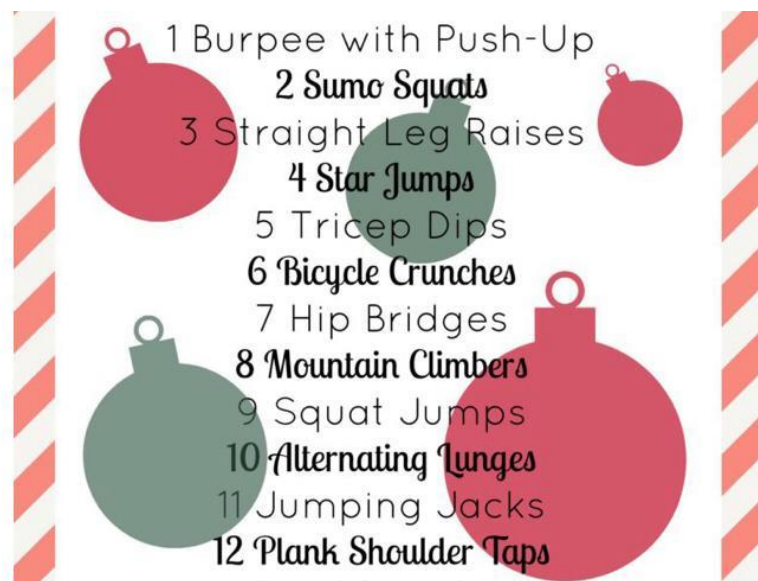




Uppesittarkväll utmaningen 23/12

12 DAYS OF CHRISTMAS



Utmana dina lagkamrater, tränare och vårdnadshavare!

Filma gärna delar av workouten.

Använd: **#Alvik12DaysOfChristmas**

Beskrivning av workouten

Gör följande övningar på tid:

- 1 Burpee with Push-Up
(https://www.youtube.com/watch?v=mGC97E_Ruhw)
- 2 Sumo Squats
(https://www.youtube.com/watch?v=xdQ8gh_-4t8)
- 1 Burpee with push-up
- 3 Straight Leg Raises
(<https://www.youtube.com/watch?v=Wp4BlxcFTkE>)
- 2 Sumo Squats
- 1 Burpee with Push-Up
- 4 Star Jumps
(https://www.youtube.com/watch?v=h6wu4_LOhyU)
- 3 Straight Leg Raises
- 2 Sumo Squats
- 1 Burpee with Push-Up
- 5 Triceps Dips
(<https://www.youtube.com/watch?v=3ydgLFLK8e0>)
- 4 Star Jumps
- 3 Straight Leg Raises
- 2 Sumo Squats
- 1 Burpee with Push-Up
- 6 Bicycle Crunches
(<https://www.youtube.com/watch?v=1we3bh9uhqY>)
- 5 Triceps Dips
- 4 Star Jumps
- 3 Straight Leg Raises
- 2 Sumo Squats
- 1 Burpee with Push-Up



- 7 Hip Bridges
(<https://www.youtube.com/watch?v=mmveFKdpknI>)
 - 6 Bicycle Crunches
 - 5 Triceps Dips
 - 4 Star Jumps
 - 3 Straight Leg Raises
 - 2 Sumo Squats
 - 1 Burpee with Push-Up
-
- 8 Mountain Climbers
(<https://www.youtube.com/watch?v=1J4hRICVjRo>)
 - 7 Hip Bridges
 - 6 Bicycle Crunches
 - 5 Triceps Dips
 - 4 Star Jumps
 - 3 Straight Leg Raises
 - 2 Sumo Squats
 - 1 Burpee with Push-Up
-
- 9 Squat Jumps
(<https://www.youtube.com/watch?v=A6yazFNpbtI>)
 - 8 Mountain Climbers
 - 7 Hip Bridges
 - 6 Bicycle Crunches
 - 5 Triceps Dips
 - 4 Star Jumps
 - 3 Straight Leg Raises
 - 2 Sumo Squats
 - 1 Burpee with Push-Up
-
- 10 Alternating Lunges
(<https://www.youtube.com/watch?v=DlhojghkaQ0>)
 - 9 Squat Jumps
 - 8 Mountain Climbers
 - 7 Hip Bridges
-
- 6 Bicycle Crunches
 - 5 Triceps Dips
 - 4 Star Jumps
 - 3 Straight Leg Raises
 - 2 Sumo Squats
 - 1 Burpee with Push-Up
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- 11 Jumping Jacks
(<https://www.youtube.com/watch?v=1b98WrRrmUs>)
 - 10 Alternating Lunges
 - 9 Squat Jumps
 - 8 Mountain Climbers
 - 7 Hip Bridges
 - 6 Bicycle Crunches
 - 5 Triceps Dips
 - 4 Star Jumps
 - 3 Straight Leg Raises
 - 2 Sumo Squats
 - 1 Burpee with Push-Up
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- 12 Plank Shoulder Taps
(https://www.youtube.com/watch?v=QOCn3_iOAro)
 - 11 Jumping Jack
 - 10 Alternating Lunges
 - 9 Squat Jumps
 - 8 Mountain Climbers
 - 7 Hip Bridges
 - 6 Bicycle Crunches
 - 5 Triceps Dips
 - 4 Star Jumps
 - 3 Straight Leg Raises
 - 2 Sumo Squats
 - 1 Burpee with Push-Up