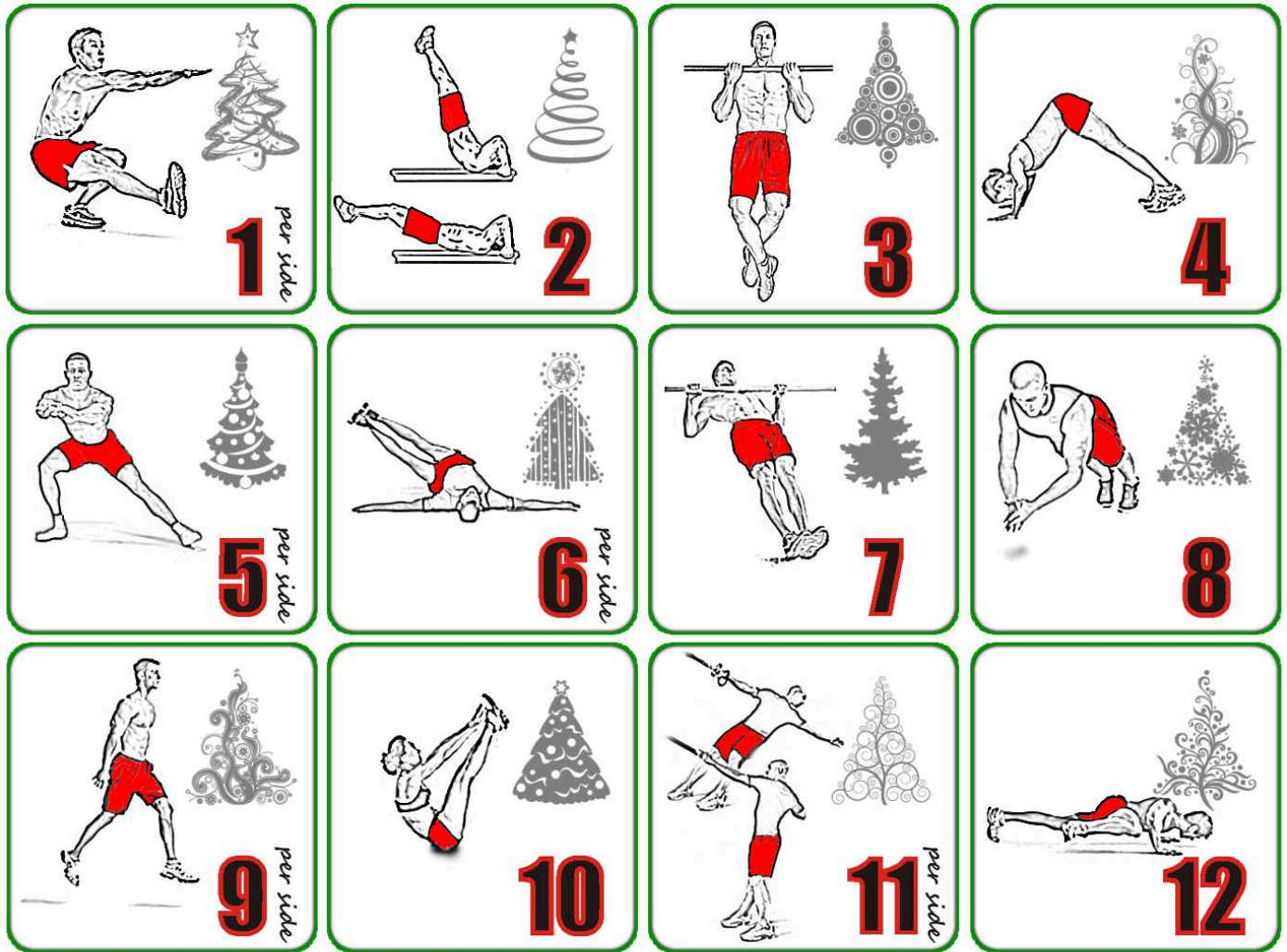




The Twelve Days of Christmas Progressive Workout

Starting Christmas Day, perform 1x pistol squat (per leg). Boxing Day repeat & add 2x candlesticks (aka dragon flags).
Day 3 repeat all previous exercises for the given reps & add 3x chin ups. Build each day until 12 days in, 12 exercises!



- Christmas Day:** 1x pistol squat (per leg) - if required, regress by partial squatting onto a box
Boxing Day: add 2x candlesticks (aka dragon flags) - if required, regress extending 1-leg only
Day 3: add 3x chin ups - if required, regress by jumping with legs to the top & lower slowly
Day 4: add 4x pike push ups (aka Rocca press)
Day 5: add 5x lateral squats (per leg)
Day 6: add 6x floor wipers (per side)
Day 7: add 7x suspended rows
Day 8: add 8x clap push ups
Day 9: add 9x alternating jump split squats (per leg)
Day 10: add 10x V-ups
Day 11: add 11x single arm suspended rows (per arm)
Day 12: add 12x Spider-Man push ups (alternating sides)

มวยไทย

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Respecting the traditional
Embracing the new