



## Welcome to #Fitmas 2015

Hello and welcome to #Fitmas 2015, a fitness challenge designed to keep you in tip top shape and giving you a structured plan to stick to an exercise routine over the holiday period.

*“Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them.”*



## Why should you take part in #Fitmas?

Everyone has different reasons for doing a fitness challenge, whether you're already someone who works out regularly or you're wanting to start getting into the habit of a regular routine - but here are some of the reasons I think #Fitmas is a great idea:

Christmas is a busy time of year. On top of buying and wrapping presents, you have more social gatherings than any other time of the year and work can get hectic, leaving little time to think about looking after yourself and keeping yourself healthy.

All the extra food over the Christmas period can leave you feeling a bit frumpy. There's no reason to wait until January to start a fitness routine.

If you start now, by January 1st, when everyone else is talking about *maybe possibly* joining a gym, you'll be on your second month of exercise and not feeling guilty for having fun and treating yourself over Christmas!

I'm a big fan of head starts and not waiting until the start of the week, month or year to start a new goal. So let's start now.



### How to take part in #Fitmas

#Fitmas will be a 5 week program running from Monday 16th November and will end on 20th December.

There are going to be 4 workouts a week. One that targets arms, one that targets legs, one that has ab exercises and cardio and a 4th workout that is optional.

The weight workouts will only require weights. I would recommend hand weights between 2-5kg. I'll be using 3kg weights for most of mine.

### *Let's be versatile and realistic.*

Although I've created workouts for you, I want to stress that you can be flexible depending on your fitness level and equipment you have. You might want to do less reps, or more sets, or go for longer cardio sessions.

I want my workouts to be a guide only. But 4 times a week - targeting the areas highlighted above.

If you are a member of a gym, for example, and want to do arm day using the gym equipment using the same amount of sets - then count that as your arm day.

If you do an exercise class aimed at legs that lasts 30 minutes or more, then class that as your leg day.

## How to stay accountable.

I know I stay accountable by writing weekly posts about my previous weeks exercise , as well as posting on Instagram. How you stay accountable is again, up to you.

I'll be writing an update post every Monday about how I did the previous week, this will be a link up style post where you can add your own blog links if you have written one recently.

You can write blog posts, use the #Fitmas hashtag, leave comments on my post or think of your own way to track your progress.

If you're not the type of person that wants to publicly talk about how you have been doing, then feel free to follow this plan on your own.

I'll be Tweeting the update post to everyone weekly, if you don't want this Tweet, or you want to drop out of the challenge and stop getting Tweets, just let me know.

## Set Your Goal.

I'd like everyone to set one goal.

The catch is the goal can NOT BE RELATED TO LOSING WEIGHT.

This is because I don't want weigh loss to be the focus - I want your fitness to be the focus. I find when I focus on weight loss, I'm likely to get demotivated and give up if I miss a workout or eat something I hadn't planned to.

When I trained for my half marathon, I focused on my speed and distance. I lost weight as a by product when focusing on the goal to run a half marathon. So you might have weight loss as one of your intentions, but not your sole intention.

Possible goals you might want to use are:

- Run 5k or 10k
- Run a mile in a set time
- Be able to do 20 full push-ups
- Cycling 30 miles.
- Improving your upper body strength.
- Getting into a regular exercise routine.

So think of your goal, and let's get started.

*"If something stands between you and your success, move it. Never be denied."*

*- Dwayne "The Rock" Johnson, professional wrestler and actor*

## The Structure of #Fitmas

The structure is simple - 4 workouts a week and a weekly challenge to help you see how your fitness is improving.

Here's what it looks like:

### Week 1:

Workout 1: Ab day and 30 minutes of cardio

Workout 2: Leg day

Workout 3: Arm day

Workout 4: Optional.

Weekly Challenge.

### Week 2:

Workout 1: Ab day and 35 minutes of cardio

Workout 2: Leg day

Workout 3: Arm day

Workout 4: Optional.

Weekly Challenge.

### Week 3:

Workout 1: Ab day and 40 minutes of cardio

Workout 2: Leg day

Workout 3: Arm day

Workout 4: Optional.

Weekly Challenge.

### Week 4:

Workout 1: Ab day and 40 minutes cardio

Workout 2: Leg day

Workout 3: Arm day

Workout 4: Optional.

Weekly Challenge.

### Week 5:

Workout 1: Ab day and 45 minutes of cardio

Workout 2: Leg day

Workout 3: Arm day

Workout 4: Optional.

Weekly Challenge.



**Arm Day.** *Should take around 30 minutes.*

Chest Press:  
3 sets x 15 reps

Chest Fly:  
3 sets x 15 reps

Shoulder Press:  
3 sets x 12 reps

Upright Row:  
3 sets x 15 reps

Bicep Curl  
3 sets x 15 reps

Tricep Kickback:  
3 sets x 12 reps

Push ups:  
3 sets x 20 reps



**Leg Day.** *Should take around 30 minutes*

Donkey Kicks:

3 sets x 10 reps each leg

Fire Hydrants (Donkey kicks but raise leg to the side rather than behind)

3 sets x 10 reps each leg

Side Leg raises:

3 sets x 10 reps left.

3 sets x 10 reps right.

Weighted glute lift

3 sets x 20 reps

Lunge to front kick:

3 sets x 15 reps left

3 sets x 15 reps right

Squats:

3 sets x 20 reps



### Ab and Cardio Day:

- 20 crunches
- 20 side crunches left
- 20 side crunches right
- 20 leg raises
- 20 bicycle crunches

Plank until failure and record your time.

### Cardio.

The cardio can be anything of your choice, go for a run, use the machines at the gym, hop onto YouTube and search for HIIT or cardio workouts - there are loads online for you to access.

I'll be putting some links to some workouts I enjoy at the end of this eBook under the resources section.



## Optional Extras

As I said in the introduction, I want this to be a flexible plan that you can change depending on your fitness level.

You may want to add extra workouts if you wish. I know that if I'm doing an arm or leg day, I might want to add a bit of cardio in so I might do 15 minutes HIIT or another form of cardio.

Here are three 5 minute HIIT workouts you can do. You can repeat the same workout over for a longer session, or do two or even all three of them.

As previously mentioned, I'll be listing some links to some of my favorite workouts that you can follow along on YouTube.

### 5 minute HIIT workouts 1.

*45 seconds work, 15 seconds rest.*

jumping jacks  
squats  
running on the spot  
sit-ups  
fly jacks

### 5 minute HIIT workout 2

45 seconds work, 15 seconds rest

running on spot  
press ups  
star jumps  
mountain climber  
burpees

### 5 minute HIIT workout 3

45 seconds work, 15 second rest

squat jumps  
glute bridges  
running on the spot  
knee ups  
run lunge



## Food and Diet.

When starting a workout challenge, whether you want to lose weight or not, you're going to want to eat well.

Exercise and a healthy diet goes hand in hand with me. And while I'm not going to give you a diet plan, I'm going to suggest you eat plenty of fruit and veg and avoid processed, fatty and salty foods.

I'll be posting some What I Ate Wednesday posts and if you want some inspiration, you can look at the [Food](#) section of my fitness blog.

“You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits.”

*- Michael Phelps, swimmer and 18-time Olympic gold medalist*

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

### Track your workouts

Use the above tracker to note down what workouts you've done and when, plus any other information you wish to keep a track of.

“Your health account, your bank account, they're the same thing. The more you put in, the more you can take out. Exercise is king and nutrition is queen. Together you have a kingdom.”

*- Jack LaLanne, bodybuilder known as the “Godfather of Fitness”*

## Weekly Challenge.

The aim of the weekly challenge is to see your progress each week.

As your fitness improves, you should be able to do all of each exercise every week.

Use this page to track how well you've been doing.

Week 1:

1 minute modified or full press ups:

1 minute sit ups:

1 minute star jumps:

Week 2:

1 minute modified or full press ups:

1 minute sit ups:

1 minute star jumps:

Week 3:

1 minute modified or full press ups:

1 minute sit ups:

1 minute star jumps:

Week 4:

1 minute modified or full press ups:

1 minute sit ups:

1 minute star jumps:

Week 5:

1 minute modified or full press ups:

1 minute sit ups:

1 minute star jumps:

“Some people want it to happen, some wish it would happen, others make it happen.”

*- Michael Jordan, 6-time NBA Championship winner*

## Video Resources:

You can easily search through the thousands of workout videos on YouTube, by searching terms such as HIIT, cardio, kick boxing, yoga and the duration you want your workout to be.

Here are some of my favourites:

[10 Minute Cardio Workout](#)

[10 Minute Full Body HIIT Workout](#)

[15 Minute HIIT Workout.](#)

[22 Minute Cardio Can You HIIT Like A Girl](#)

[25 Minute Cardio Kick Boxing Workout.](#)

[30 Minute Body Weight Bootcamp](#)

[30 Minute Full-Body Workout to Burn Calories](#)

[30 Minute Dance Workout](#)

[30 Minute Fat Burning Cardio Workout](#)

[30 Minute Aerobic Dance Workout](#)

[40 Minute Full Body Strength Workout](#)

[40 Minute Cardio HIIT Workout.](#)

[45 Minute Cardio and Ab HIIT Workout.](#)

*“I don’t work out because I hate my body. I work out because I love it.”*

## Disclaimer

Not all exercises are suitable for everyone. I strongly recommend that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise.

I am not a qualified personal trainer and have no qualifications in health care of any kind. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you join in this exercise challenge, you agree that you do so at your own risk, and that slimmedcartree.com will not be liable or responsible for any injuries resulting from taking part in the #fitmas challenge.

## About the author.

Corinne is a lifestyle, fitness and tech blogger from Leeds, UK.

She started blogging in 2012, after years of keeping various online diaries and being involved in various online communities.

Her notable successes are creating the Saturday night #socialbloggers Twitter chat, speaking on a panel about blogging at #WebWeWantFest at the Southbank Centre in London and being nominated for Best Longstanding Lifestyle Blog at the 2015 #BloggersBlogAwards.

Check out her blogs here:

<http://skinnedcartree.com/>

<http://slimmedcartree.com/>

<http://geekedcartree.com/>