

# TeamPolice




























## ADVENT CHALLENGE EXERCISE SHEET

GET FESTIVE FIT FOR THE HOLIDAYS CHALLENGE - SPONSORED BY



**metfriendly**  
save, invest and protect

[Remember to warm up before you do any exercise and to warm down when you finish]

-  2,000 steps
-  5 x reps - lunges [each leg]; reverse dips on a chair; twist sit ups; squat thrusts [each leg]
-  3 mile cycle
-  3,000 steps
-  8 x reps - squats; dorsal raises; kneeling/full press up; jumping jacks
-  4 mile cycle:
-  Rest day
-  4,000 steps
-  10 x reps - burpees; hand to knee sits; high knee drives [each leg]; lateral raises
-  7,250m (4.5 miles) cycle
-  300m (12 lengths) swim nonstop or 4,500 steps jog or walk
-  Intervals - 1 mile warm up; run 100m; walk/jog recovery 100m and repeat x 10; 800m warm down/stretch
-  Rest day
-  12 x reps - sit ups; arm circles [12 forward, 12 back x 2]; lateral leg raises; biceps curl [weight in hand]
-  5 mile cycle
-  5,000 steps [power walk]
-  400m swim (16 lengths) or 5,500 steps jog or walk
-  Intervals - 1 mile warm up; 70% effort lap then 1 recovery lap x 12; 800m warm down/stretch
-  Rest day
-  3,000m continuous jog/run
-  4 x reps [all 30secs & 30 sec recovery inbetween] - plank; wall squat; skipping; sprinting on spot
-  6 mile cycle
-  5,000m (3.2 miles) jog continuously [as much as you can]
-  10 mile cycle
-  Merry Christmas and huge congratulations