TEMPO Keep Holiday Food in Check: Fill up on healthy food first and then limit yourself to 1 serving of a treat!





<u> </u>		yourself to 1 serving of a freat:				
AS AGILITY/STRENGTH	1	Sumo Squat *Perform each exercise for 1 minute				
	2	Decline Push-ups				
*Live MASHUP™ classes and digit	3 al/	Prisoner Lunges Alternating				
DVD workouts demonstrate thre fitness levels for each exercise	e 4	Crabwalk				
eacii exercise.	5	Calf Raises				
HIGH-INTENSITY INVERVALS	1	Squat Jumps *Perform each exercsie at 90% High-intensity for 30 seconds then rest for 30 seconds				
	2	Burpees				
	3	Line Sprints				
	4	Bum Kicks				
	5	Air Jacks				
MIND / BODY	1	*Perform each exercise for 1 minute Chair Pose Hold				
	2	Pilates Breaststroke Pilates Single-leg Stretch				
	3					
	4	Russian Twists				
	5	Plank to Down Dog ©2016. Mashup Conditioning, LLC. All Rights Reserved. MASHUP SAMPLE WORKOUTS.				