

fit&festive

Holly Jolly GTX

The Workout

- Each station will be repeated 2 times before transitioning
- 10 seconds to switch between each round
- For the strength, it will be AMRAP for 2 minutes between the two movements
 - AMRAP – “As Many Reps as Possible”
- For the conditioning, it will be any cyclical piece of choice (treadmill, bike, rower, jump rope, etc.)

Section	Partner	Description	Sets	Reps	Weight/Zone Focus	Time	Transition Time
Warm-up		Based On Movements Below				10:00	
Explanation		Explain Circuit				5:00	
<i>Transition</i>		Head to First Station				3:00	
Station 1	Partner 1	DB Goblet Squat + TRX Row	2	10 reps of each	Challenging for 10 reps	8:00	Work
	Partner 2	Cyclical Piece of Choice	2		Zone 2-3	0:30	10 sec switch x 3
<i>Transition</i>						3:00	
Station 2	Partner 1	KB Deadlift + DB Alternating Shoulder Press	2	10 reps of each	Challenging for 10 reps	8:00	Work
	Partner 2	Cyclical Piece of Choice	2		Zone 2-3	0:30	10 sec switch x 3
<i>Transition</i>						3:00	
Station 3	Partner 1	Med Ball Reverse Lunge with Rotation + Off Set Pushups*	2	10 reps of each	Challenging for 10 reps	8:00	Work
	Partner 2	Cyclical Piece of Choice	2		Zone 2-3	0:30	10 sec switch x 3
<i>Explanation</i>		Explain Finisher				3:00	
Cardio Finisher	Partner 1+2	Cyclical Piece of Choice	1	Max effort	Max effort	3:00	
		Cover as much distance as possible**					
Cool Down	Partner 1+2	Based On What the Group Needs				5:00	