



12 Sets of Christmas - Fitness Circuit

<http://kickassfitnessuk.com/>

	Set												
	1	2	3	4	5	6	7	8	9	10	11	12	Total
Kettlebell Turkish get ups (per arm)	1	1	1	1	1	1	1	1	1	1	1	1	12
Handstand press-ups on BXT cable		2	2	2	2	2	2	2	2	2	2	2	22
TNT cable wood chops (per side)			3	3	3	3	3	3	3	3	3	3	30
Jungle Gym pistol squats (each leg)				4	4	4	4	4	4	4	4	4	36
Jungle Gym dips					5	5	5	5	5	5	5	5	40
Kettlebell goblet squats						6	6	6	6	6	6	6	42
Hindu push-ups							7	7	7	7	7	7	42
Kettlebell double swings								8	8	8	8	8	40
Vertical jumps									9	9	9	9	36
Sit-outs										10	10	10	30
TNT cable rows											11	11	22
Burpees												12	12
													364