

# Wise Heron's DECEMBER 2016 Matrix

## Get through the HOLIDAYS & Bust into 2017 Strong Matrix 411



The matrix has 16 workouts...December has 31 days. We can do this! Choose whatever workout fits in your schedule, ROCK that sweat sesh, and jot the date at the top (or throw a big ol' X on there!) to mark it as complete.

Fit all 16 workouts in during the month of December and you'll feel like a happy, jolly soul all month long!

### CARDIO

Walk, Run, Hike, Bike, Take a Class, Sweaty Dance Party  
with your Kids (key word sweaty)

### Strength Circuit 1

*Repeat 15 reps each*

30 mountain climbers; 40 jumping jacks

Lunges; Pushups; 30s Plank (repeat 3x)

30 mountain climbers; 40 jumping jacks

Wall Sit; Tricep Dips; 20s side plank ea side (repeat 3x)

30 mountain climbers; 40 jumping jacks

### Strength Circuit 2

*Repeat 15 reps each*

30s jump rope (pretend if you don't have one)

Squat and jump; Pushups; Crunches (repeat 3x)

30s jump rope (pretend if you don't have one)

Curtsy lunge; Tricep Dips; Bicycle Abs (repeat 3x)

30s jump rope (pretend if you don't have one)

### YOGA

Take a class at local studio, pop in a DVD, or search for a  
free class on YouTube!



Unsure how to do any of these  
exercises? Email us for a direct  
explanation or google it up for a  
ton of online examples.

[customerlove@wiseheron.com](mailto:customerlove@wiseheron.com)

