



Quick and Effective Holiday Workouts

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People often say that you can't have your cake and eat it too. But I say, where's the fun in that? Holiday parties, shopping and family get-togethers tend to take precedence over fitness and exercise during this time of year. Wouldn't it be nice, though, if you had enough time do it all? Well good news, you totally can! Working out doesn't have to be a whole ordeal, traveling to and from the gym with an hour or two workout in between; it can be as simple and effective as a 20-minute, at-home workout.

Please see the videos (links below) for examples of these quick holiday workouts, including a short five-minute warm-up.

The most important factors to include in your short workouts:

Full-body Movements: Full-body movements are going to burn more calories in a shorter amount of time and allow your muscles to be worked more evenly. Since we tend to eat a little more and move a little less during the holidays, we really want to make sure to recruit as many muscles as possible to fully maximize these workouts.

Examples:

- Squats
- Reverse lunge with a bicep curl
- Planks/Side Planks
- Push-ups

High-Intensity Movements: HIIT (High Intensity Interval Training) will provide maximum intensity in a short amount of time and will continue to burn fat even after you stop the workout. Because these movements are quick, you are expected to give max effort in just 20 or 30 seconds. These exercises are perfect and will have you sweating after just the first few minutes.

Examples:

- Burpees
- Jumping jacks
- Squat jumps
- Skater lunges

Functional Movements: If your workouts aren't helping you to function better in your every day life, then really why do them? Exercising shouldn't be ONLY about how many calories you burn and how many layers of clothing you sweat through. Training also allows us to complete otherwise challenging tasks, like picking that heavy box off the ground without hurting your back or pulling a muscle.

Examples:

- Deadlifts
- Squat to overhead press
- Woodchoppers
- Single-leg balancing work

These are just a few ideas to get you started with your quick and effective holiday workout. The above exercises are also perfect if you're traveling because they can all be performed without any workout equipment.

[Click](#) to view these quick holiday workouts, including a short five-minute warm-up.

