

Your Monstrous, Calorie-Burning Holiday Workout

By Michael Cummings, SKLZ Performance Specialist
For Active.com

Repeat this workout three times to burn 3,000 calories.



Weighted Speed Rope



Sprints With Speed Chute



3-Count Burpee Step 1



3-Count Burpee Step 2



3-Count Burpee Step 3



Med Ball Rotational Lift Start



Med Ball Rotational Lift Finish



Med Ball Push-up Start



Med Ball Push-up Finish



Med Ball Slam Start



Med Ball Slam Finish



Med Ball Squat Push Press Start



Med Ball Squat Push Press Finish



Med Ball Rotational Slam Start



Med Ball Rotational Slam Finish



Start Position for All Rope Exercises



Ropes Alternate Waves



Ropes Double-Arm Slam



Ropes Double-Arm Wave



Ropes External Rotations



Ropes Snakes Start



Ropes Snakes Finish