



DECEMBER ACCOUNTABILITY CHALLENGE 2019

12MINUTEATHLETE.COM/
DECEMBER-CHALLENGE-2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 12 Minute 18x:10x:30 1. Sandbag clean + presses 2. Shoulder touch push ups 3. Sandbag squats 4. Pike jumps 5. Sandbag burpees 6. Punching sit ups	3 Sports-specific training, yoga, fun activities, etc.	4 3 Rounds: 15 kettlebell swings 10 burpee box jumps 8 push up up/downs 15 kettlebell squats 5 kettlebell windmills / side 8 split leg v ups	5 Sports-specific training, yoga, fun activities, etc.	6 100 Burpee Challenge Complete 100 burpees as fast as possible	
	9 12 Minute 18x:10x:30 1. High knees w/ jump rope 2. Burpee step overs 3. Double unders 4. Jump lunges 5. Criss-cross feet w/ jump rope 6. Mountain climbers	10 Sports-specific training, yoga, fun activities, etc.	11 3 Rounds: 10 kettlebell squats 10 T push ups 10 single leg deadlifts / side 20 side lunges 5 handstand push ups 1 hollow body hold	12 Sports-specific training, yoga, fun activities, etc.	13 3 Rounds: 5 burpee pull ups 15 squat jumps 10 push ups w/ double knee touch 10 Bulgarian split squats / leg 8 handstand push ups 5 toes to bar	
	16 12 Minute 18x:10x:30 1. Burpee box jumps 2. Squat step ups 3. Burpee step overs 4. Bulgarian split squats 5. Speed step ups 6. V up tuck combo	17 Sports-specific training, yoga, fun activities, etc.	18 3 Rounds: 20 kettlebell swings 20 kettlebell front squats 10 reverse push ups 30 jump lunges 10 plank reach throughs	19 Sports-specific training, yoga, fun activities, etc.	20 AMRAP (12 minutes) 10 wall balls 5 MB burpee slams 5 rotational slams / side 5 burpee lateral jumps 10 MB slams 20 pike jumps 10 sit up + throws	
	23 12 Minute 18x:10x:30 1. Sandbag squats 2. Push up hops 3. Sandbag clean + presses 4. Pike shoulder touches 5. Walking lunges 6. Push up plank jumps	24 Sports-specific training, yoga, fun activities, etc.	25 12 Minute 18x:10x:30 1. Burpees 2. Dive bomber push ups 3. Jump lunges 4. Air squats 5. Pike jumps 6. V ups	26 Sports-specific training, yoga, fun activities, etc.	27 3 Rounds: 1 sprint 15 air squats 10 push ups 10 v ups	



DECEMBER ACCOUNTABILITY CHALLENGE 2019

12MINUTEATHLETE.COM/
DECEMBER-CHALLENGE-2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 12 Minute 18x:10x:30 1. Squat + throws 2. Ball transfer push ups 3. MB burpee slams 4. Lunge + rotational twist 5. MB mountain climbers 6. Sit up + throws	31 Sports-specific training, yoga, fun activities, etc.	1 Happy New Year!			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday