



# JANUARY ACCOUNTABILITY CHALLENGE 2021

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**ACCOUNTABILITY-CHALLENGE-JAN-2021**

| Sunday | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday |
|--------|--|---|---|---|--|----------|
|        | <b>4</b> <b>12 Minute</b><br>18x:10x:30<br>1. High knees w/ jump rope<br>2. Squat jumps<br>3. Double (or single) unders<br>4. Push ups w/ shoulder touch<br>5. Shadow boxing<br>6. Mountain climbers | <b>5</b><br>Sports-specific training, yoga, fun activities, etc.  | <b>6</b> <b>3 Rounds:</b><br>10 Squat step ups<br>15 Reverse push ups<br>15 Bulgarian split squats / leg<br>10 Pike push ups<br>10 Dips<br>10 Leg raises<br>10 Superman raises  | <b>7</b><br>Sports-specific training, yoga, fun activities, etc.  | <b>8</b> <b>3 Rounds:</b><br>1 Sprint<br>20 Walking lunges<br>1 Sprint<br>20 Air squats<br>1 Sprint<br>10 Push ups<br>1 Sprint<br>10 V ups   |          |
|        | <b>11</b> <b>12 Minute</b><br>18x:10x:30<br>1. Burpees<br>2. Squat step ups<br>3. Burpee step overs<br>4. Decline push ups<br>5. Candlestick jump ups<br>6. Bicycle crunches                         | <b>12</b><br>Sports-specific training, yoga, fun activities, etc. | <b>13</b> <b>AMRAP (12 Minutes):</b><br>10 wall balls<br>5 MB burpee slams<br>5 burpee lateral jumps<br>10 MB slams<br>20 pike jumps<br>10 sit up + throws                      | <b>14</b><br>Sports-specific training, yoga, fun activities, etc. | <b>15</b> <b>3 Rounds:</b><br>5 Burpee pull ups<br>15 Squat jumps<br>10 Push ups w/ double knee touch<br>10 Bulgarian split squats / leg<br>10 Pike push ups<br>5 Hanging leg raises |          |
|        | <b>18</b> <b>12 Minute</b><br>18x:10x:30<br>1. High knees w/ jump rope<br>2. Burpee step overs<br>3. Mountain climbers<br>4. Jump lunges<br>5. Double (or single) unders<br>6. Shadow boxing         | <b>19</b><br>Sports-specific training, yoga, fun activities, etc. | <b>20</b> <b>3 Rounds:</b><br>20 Kettlebell swings<br>15 Kettlebell front squats<br>5 Pull ups<br>10 Backwards lunges<br>10 Push ups<br>10 Hip thrusts<br>10 Hanging leg raises | <b>21</b><br>Sports-specific training, yoga, fun activities, etc. | <b>22</b> <b>3 Rounds:</b><br>20 Snowboarder jumps<br>15 Reptile push ups<br>10 Side lunges<br>10 Pike push ups<br>10 Burpees<br>10 Superman raises<br>1 Hollow body hold            |          |
|        | <b>25</b> <b>12 Minute</b><br>18x:10x:30<br>1. Wall balls<br>2. T push ups<br>3. MB slams<br>4. Burpee lateral jumps<br>5. Side lunges<br>6. Medicine ball twists                                    | <b>26</b><br>Sports-specific training, yoga, fun activities, etc. | <b>27</b> <b>12 Minute</b><br>18x:10x:30<br>1. Burpees<br>2. Push up plank jumps<br>3. Jump lunges<br>4. Pike jumps<br>5. Snowboarder jumps<br>6. Split leg v ups               | <b>28</b><br>Sports-specific training, yoga, fun activities, etc. | <b>29</b> <b>8 Rounds:</b><br>1 Sprint<br>15 air squats<br>10 Push ups<br>10 Superman raises<br>10 V ups   |          |