



POWER PLAY FIT

DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 AMRAP	2 EMOM	3 Core Circuit	4 Lower Body EMOM	5 Cardio AMRAP	6 EMOM Abs + Cardio
7 Recovery	8 Full-Body AMRAP	9 EMOM Upper Focus	10 Core Challenge	11 Lower Body AMRAP 10 Jump Squats	12 EMOM CardioBurst	13 Core + Mobility
14 Recovery	15 Full-Body EMOM	16 AMRAP Strength	17 Core Focus	18 Lower AMRAP	19 EMOM Cardio Core	20 Tabata Style
21 Recovery	22 EMOM Challenge	23 Core Crusher	24 Power AMRAP	25 Final Burn	26	27 Contact me to find out how to get more in 2026!
28	29	30	31			

■ Daily Workout Details

Each day is a 15-minute session. Follow AMRAP (as many rounds as possible) or EMOM (every minute on the minute) structure. Complete each movement with good form and rest only as needed!

Day 1 – Full Body AMRAP

10 air squats, 10 push-ups, 10 jump lunges, 10 sit-ups

Day 2 – EMOM

Odd: 15 jump squats / Even: 10 burpees + 20 mountain climbers

Day 3 – Core Circuit

20 flutter kicks, 15 V-ups, 20 Russian twists, 30-sec plank

Day 4 – Lower Body EMOM

Minute 1: 20 reverse lunges / Minute 2: 20 glute bridges / Minute 3: 20 jump squats

Day 5 – Cardio AMRAP

20 high knees, 10 squat thrusts, 10 push-ups, 20 mountain climbers

Day 6 – EMOM Abs + Cardio

Minute 1: 30-sec plank + 10 sit-ups / Minute 2: 10 burpees / Minute 3: 30 bicycle crunches

Day 7 – Recovery

15-minute walk, stretch, or yoga flow

Day 8 – Full-Body AMRAP

10 jumping lunges, 10 plank shoulder taps, 15 air squats, 10 sit-ups

Day 9 – EMOM Upper Focus

Odd: 12 push-ups / Even: 20 mountain climbers + 10 triceps dips

Day 10 – Core Challenge

20 heel taps, 15 leg raises, 20-sec hollow hold, 15 V-ups

Day 11 – Lower Body AMRAP

10 squats, 10 split squats each leg, 15 glute bridges, 10 jump squats

Day 12 – EMOM Cardio Burst

Odd: 10 burpees / Even: 20 jump lunges

Day 13 – Core + Mobility

10 plank shoulder taps, 20 flutter kicks, 15 glute bridges, 30-sec plank

Day 14 – Stretch

Recovery yoga or walk

Day 15 – Full-Body EMOM

10 burpees, 15 squats, 20 mountain climbers

Day 16 – AMRAP Strength

10 push-ups, 20 reverse lunges, 10 plank jacks, 20 sit-ups

Day 17 – Core Focus

20 Russian twists, 15 V-ups, 15 leg raises, 30-sec plank

Day 18 – Lower AMRAP

20 squat pulses, 10 jump squats, 10 curtsy lunges, 10 glute bridges

Day 19 – EMOM Cardio Core

Odd: 15 mountain climbers + 10 sit-ups / Even: 12 burpees

Day 20 – Tabata Style

40 sec on / 20 off – Jump squats, Push-ups, High knees, Plank shoulder taps

Day 21 – Recovery

Stretch or walk

Day 22 – EMOM Challenge

15 jump squats, 10 burpees, 20 mountain climbers, 15 push-ups, 30-sec plank

Day 23 – Core Crusher

20 bicycle crunches, 15 V-ups, 10 plank shoulder taps, 30-sec side plank each side

Day 24 – Power AMRAP

10 squat jumps, 10 push-ups, 20 reverse lunges, 10 burpees

Day 25 – Final Burn

Odd: 20 mountain climbers + 10 push-ups / Even: 15 jump squats + 15 sit-ups

■ You Made It Through Fitmas! ■

Amazing work completing 25 days of consistency and effort! Keep the momentum going — strength and energy don't stop when the holidays end. You've proven you can make time for yourself every day.