

# the new year's countdown workout

Prepare to get very familiar with jump squats, weighted curtsy lunges, push-ups, burpees and mountain climbers. You'll start off with 17 of each of these moves, progressing quickly from one to the next. After 16 of each, immediately do 15, then 14, 13, 12 etc, all the way down to 1. Focus on form first, but increase the challenge by jumping higher on the squat jumps and burpees, and increasing weight (dumbbells held at your sides) for the curtsy lunges.

**Jump squats x 16**

**Weighted curtsy lunges x 16/side**

**Push-ups x 16**

**Mountain climbers x 16/side**

**Burpees x 16**

After 16 reps of each, repeat for 15, 14, 13 etc to 1.