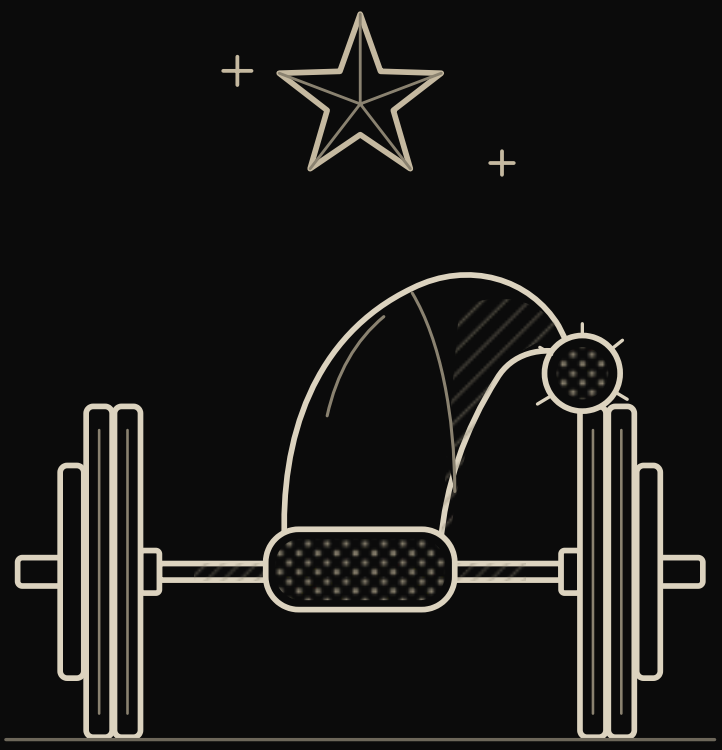
IRON FATHER

THE CHRISTMAS HOLIDAY WORKOUT

Three 30-minute sessions. No gym. No excuses.



The fire doesn't take holidays.

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01 · THE SILLY SEASON

Where routines go to die

The holidays are when good fathers quietly go soft. Not because they stop caring, but because the routine disappears.

School breaks up, work winds down, the in-laws arrive and the gym closes early. By January you've lost a month and you're starting from scratch. This plan stops that: three sessions a week, thirty minutes each, with nothing but your body, a backpack, a patch of grass and maybe a couple of kids.

> **The goal is not to get stronger over Christmas.**
> The goal is to **not go backwards**. Hold your strength, hold your habits, and walk into January ready to load the bar again.

02 · THE RULES

Four rules for the holidays

01 **Three a week. That's it.**
Any three days, any order. Done is better than perfect.

02 **Train before the day gets you.**
First thing, before the house wakes up and before the summer heat does.

03 **Never miss twice.**
Missed one for Christmas lunch? Fine. Get back on it the next day.

04 **Bring the kids.**
They don't need a lecture about discipline. They need to see you do it.

Print this guide and stick it on the fridge. Tick off every round and every session. On page 4 you'll find a tracker to count them up on New Year's Eve.

03 · SESSION ONE

The Backyard Circuit

BODYWEIGHT ONLY · 5 ROUNDS · ABOUT 30 MINUTES

#	EXERCISE	REPS	TARGETS
1	**Push-ups**	10–20	Chest, shoulders, triceps
2	**Bodyweight squats**	20	Quads, glutes
3	**Reverse lunges**	10 each leg	Quads, hamstrings, glutes
4	**Burpees**	10	Everything, mostly your will
5	**Plank**	45 seconds	Core

Rest 60 seconds between rounds. Too easy? Slow every rep down to three seconds on the way down.

ROUNDS DONE ☐ ☐ ☐ ☐ ☐

04 · SESSION TWO

The Backpack Session

ONE LOADED BACKPACK · START AT 10–15 KG · ABOUT 30 MINUTES

#	EXERCISE	SETS × REPS	TARGETS
1	**Backpack goblet squat**	4 × 12–15	Quads, glutes, core
2A	**Backpack bent-over row**	4 × 12	Back, biceps
2B	**Push-ups (backpack on if you can)**	4 × 10–15	Chest, triceps
3A	**Backpack Romanian deadlift**	3 × 12	Hamstrings, glutes, lower back
3B	**Backpack overhead press**	3 × 10	Shoulders
4	**Suitcase carry (one hand)**	3 × 40 m each side	Grip, core, traps

Fill the backpack with books, water bottles or a bag of sand wrapped in a towel. A and B pairs are supersets: do A, then B straight after, then rest.

05 · SESSION THREE

The Park Session

KIDS WELCOME · ANY PARK OR PLAYGROUND · ABOUT 30 MINUTES

#	EXERCISE	SETS × REPS	TARGETS
1	Pull-ups or dead hangs on the monkey bars	4 × max	Back, grip
2	Park bench step-ups	3 × 12 each leg	Quads, glutes
3	Bench dips	3 × 12–15	Triceps, chest
4	Bear crawl races against the kids	4 × 15 m	Shoulders, core, pride
5	Sprints (give them a head start)	6 × 20 m	Legs, lungs
6	Piggyback walk	3 × 1 lap of the oval	Legs, core, memories

Walk back between sprints. Only carry a child you can carry safely, and keep it on flat ground.

BEFORE THE PRESENTS

The Christmas Morning Hundred

Before the presents, before the coffee, before the chaos. Break it up however you need. Ten to fifteen minutes and Christmas Day starts with a win. Get the kids to count your reps.

☐ 100 squats ☐ 50 push-ups ☐ 25 burpees

06 · FOOD AND DRINK

Enjoy it. Just don’t live there.

01 **Feast on the day, eat clean in between.**
The big meals are a few days. The days between are where the damage is done or avoided.

02 **Protein first.**
Meat and seafood before the trifle. You’ll eat less of the rest without trying.

03 **Water between drinks.**
Heat, sun and beer are a rough mix for a man who trains in the morning.

07 · THE HOLIDAY TRACKER

Three a week. Tick them off.

Write the dates in, then tick a box for every session you finish. Pick any three days. Keep a rest day between hard sessions where you can, and fill the other days with walks, swims and backyard cricket.

WEEK OF	SESSION 1	SESSION 2	SESSION 3	BONUS: ACTIVE DAY
___ / ___	☐	☐	☐	☐
___ / ___	☐	☐	☐	☐
___ / ___	☐	☐	☐	☐
___ / ___	☐	☐	☐	☐
___ / ___	☐	☐	☐	☐
___ / ___	☐	☐	☐	☐

New Year's Eve count: _____ sessions. Write it in your Legacy Ledger.

PART OF THE FORGE FORGING

"I shape myself through fire, not comfort."

Comfort is everywhere at Christmas. Enjoy it. Just choose the fire three times a week as well. Come January, get back under the bar with **Supersets, Sweat and Strength** at ironfather.com.au.

"Merry Christmas.
Now go and earn the pavlova."

JÁRN ULFSTAÐUR · IRON FATHER

This is general fitness information, not medical advice. If you have an injury or health condition, or you're returning to training after a long break, check with your GP or a qualified trainer first. In hot weather, train early, drink plenty of water and stop if you feel dizzy or unwell.