

Twelve Days of Christmas - KEC's 2022 Forward & Reverse Version NR (No Running)

Score: Time to complete all 364 repetitions. Time Cap: 60 minutes

For Time

Day 1: 1 Manmaker

Day 2: 2 Pullups

Day 3: 3 Thrusters

Day 4: 4 Power Cleans

Day 5: 5 Toes 2 Bar

Day 6: 6 American KB Swings

Day 7: 7 Slamballs

Day 8: 8 Double DB Walking Lunges

Day 9: 9 Wallballs

Day 10: 10 SA Alt. DB Snatches

Day 11: 11 Handstand Pushups

Day 12: 12 Box Jumpovers

BB: 75/55

DB/KB: 35/20

Slamball: 40/30

WB: 20/14 (10' Target for Men, 9' Target for Women)

Box: 24"/20"

Forward = Going 1 to 12, Adding one movement per round like the classic Christmas Song.
So you Do Day 1, Then Day 2 Day 1, Then Day 3 Day 2 Day 1, etc.

Reverse = Going 12 to 1, Decreasing one movement per round. So you do Day 12 all the way down to Day 1, then Day 11 all the way down to Day 1, then Day 10 all the way down to Day 1, etc.

1 Manmaker = 1 Pushup, 1 Left Arm Row with DB while in Plank, 1 Right Arm Row with DB while in Plank, then get to squat position and do 1 double DB squat clean thruster. Left arm Row and Right Arm Row exact order may be switched.

See Notes below

This is the indoor no-running version to my 12 Days of Christmas. I would only do the running version (where Day 1 is Run 100 meters instead of 1 Manmaker) if the temperature is a minimum of 40°F.

Higher Difficulty:

BB: 95/65, 115/80, or even 135/95 if so inclined
DB: 50/35 or higher
KB: 53/35 or 70/53
Slamball: 50/35 (If 35 doesn't exist, go 40) or higher
WB: 30/20
Box: 30"/24"

Scaling Options:

- 1) Day 12 Box Jumpovers can be scaled to Box Jump Up & Overs or Step Up & Overs. Full Extension at the top is NOT required. You can also stack 45# plates (Height is 3" each)
- 2) Day 11 can be Box Handstand Pushups or Home Run, I mean Hand Release Pushups (HR has always stood for Home Run for me before anything else.)
- 3) Day 8 Lunges can be done in place if you have a problem of lack of space. If walking, watch where you are going please!
- 4) Day 5 can be Hanging Knees to Elbows, Hanging Straight Leg L-Raises, Hanging Knee Raises, Leg Raises from the ground while holding a pole, or Situps.
- 5) Day 2 You can use bands for pullups, or do ring rows.
- 6) Lower any weight or height as necessary.

Notes

- 1) ~~Run: If you have no outside running access & no access to an assault runner or similar, row 125 meters. (Following 1.25 row/run ratio)~~ Does not apply to Version NR
- 2) You may not combine the fourth power clean & the first thruster into a squat clean thruster.
- 3) Single Arm DB Snatches: Touch both heads of the dumbbell at the same time to qualify for touch & go (so that both heads of the dumbbell are on the ground for the next rep). Transition of the DB in the air from hand to hand is at your discretion (meaning overhead, face level, chest level, etc. are all okay), or you can transition at the ground. Oh yeah, do not let your free arm & hand contact your legs or other parts of the body during the movement.
- 4) If out of space, you may do Day 8 Lunges in place, either forward or backward.
- 5) The weights & movements are intended to be light, just like the original 12 Days of Christmas WOD.