



HOLIDAY WORKOUT

checklist

Let's Warm Up And Get Moving!

- Reindeer Runs
- Jingle Bell Jacks
- Christmas Tree Toe Touches
- Santa Squats
- Ginger Bread Burpees
- Peppermint Planks
- Polar Bear Push-Ups
- Candy Cane Crunches
- Grinch Glute Bridges
- Snowman Side Planks