

Christmas Movie Workout

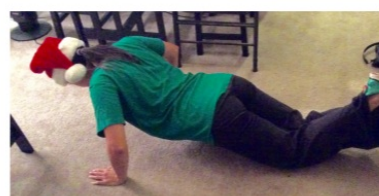


The holiday season has arrived! Unfortunately physical activity often gets put on hold to make room for the festivities. This Christmas movie-themed workout is a fun way to stay fit without losing the holiday spirit. Every time you hear one of the words below, perform the related exercise.

CHRISTMAS



10 push ups
or
10 wall push ups
or
10 push ups on knees



REINDEER



12 air squats
or
12 boxing punches
(each arm)

SNOWMAN OR SNOW

8 tricep dips



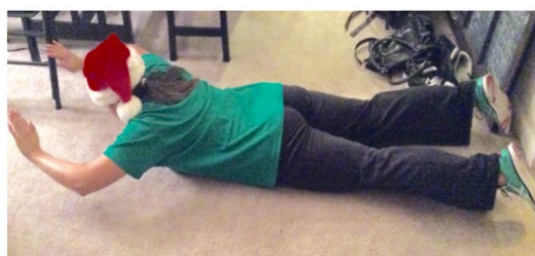
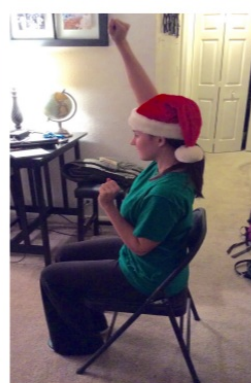
GIFT OR PRESENT



10 burpees
or
10 wheelchair burpees

SANTA

12 mountain climbers
or
12 wall climbers
or
12 reach & grabs



ELF OR ELVES

8 supermans



Happy Holidays!