The holiday season has arrived! Unfortunately, physical activity often gets put on hold to make room for 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 superman

*Happy Holidays!*