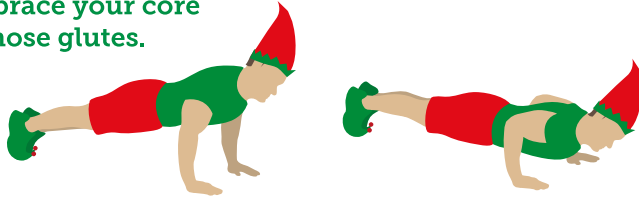


Christmas Family Workouts

Exercise 1

Prancer Press Ups!

Remember to brace your core and squeeze those glutes.



Exercise 2

Little Drummer Boy Lunges!

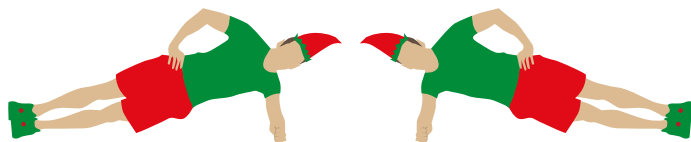
With or without weights. Remember to go down, not forward.



Exercise 3

Sleigh Side Plank - left then right!

Keep feet together and arm straight.



The Muscle Sprout Workout

15 minute workout built for burning fat and to give you that second wind!

20 seconds work with 10 second rests.

8 rounds 4 minutes all together, perform twice with 2 minutes rest between each circuit.

Exercise 4

Santa Squat!

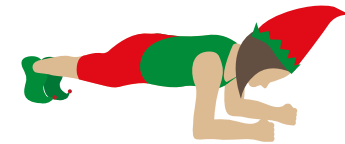
Feet shoulder width apart, keep your knees in line with your feet.



Exercise 5

Christmas Pudding Plank!

Keep arms shoulder width apart, clasp your hands, tuck feet under and keep your back straight.



Exercise 6

Stocking Stuffer Sit Ups!

Tighten your abdominals and breathe out as you go up, breathe in as you go down.



let's do
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