

Christmas Music Workout

Workout of the month: December



Warm-Up (1 song)

- March or dance in place
- Arm circles
- Light side steps

Main Circuit (1 song per move, or switch every 45 seconds, Repeat 2-3x)

- Jingle Bell Jacks (Jumping Jacks)
- Santa Squats (Bodyweight Squats)
- Reindeer Runs (Jog or high knees in place)
- Elf Lunges (Alternating forward lunges)
- Snowman Push-Ups (Knee or full push-ups)
- Candy Cane Crunches (Abdominal crunches)
- Mistletoe Mountain Climbers (Mountain climbers)

Cool Down (1 song)

- Reach for your toes
- Side stretches
- Shoulder rolls