

Home Holiday Workout

Count down the 12 days of Christmas with a 12 exercise 12 minute workout!



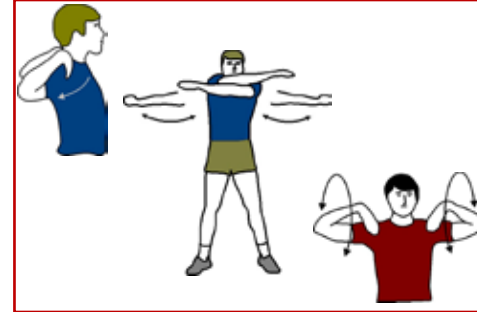
'Tis the season to be active!

One minute of Santa shuffling



Two Flights of Stairs

Up & down, up & down



Three Upper Body Stretches

chest, back & shoulders
hold each stretch for 10 seconds!



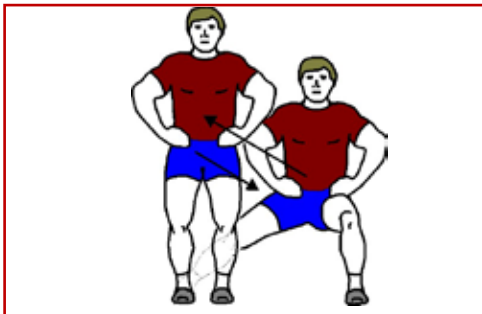
Four Hamstring Stretches

Stretch each leg 2 times
hold each stretch for 15 seconds



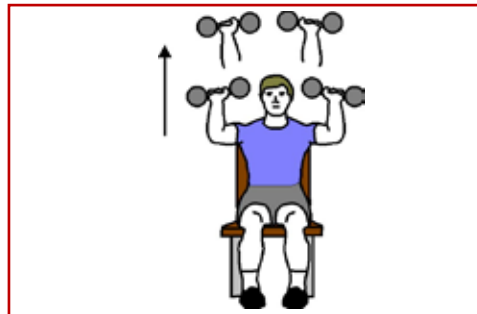
5 Golden Push-ups!

Perform the push-ups slowly
off the kitchen counter or wall



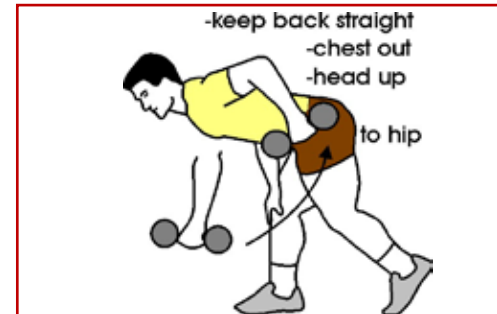
6 Skating Lunges (per leg)

Or replace with 6 Chair Sits
Be sure to move slow & keep y knee above foot!



7 Present Presses

With a light weight - press up to the ceiling
slowly. Be sure breathe!



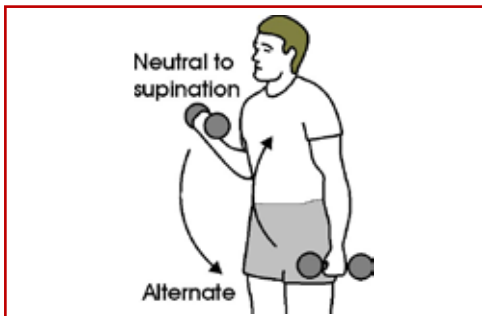
8 Snow-blower Starts

With your back straight - pull your hand to your hip and
slowly return to start position



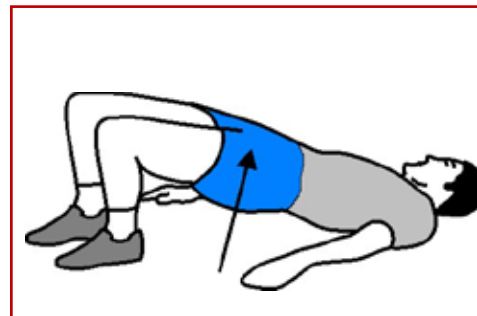
9 Tree Toppers

Point elbow up and extend arm to work your triceps!



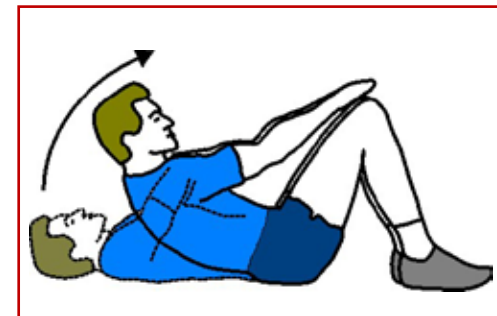
10 Gift Bag Curls

Tuck elbows by sides and slowly raise weights up



11 Buttock Bridges

Push through the heels & raise hips up for 10 seconds.
Great for the low-back & butt!



12 Christmas Crunches

Slowly curl up to touch your knees.
Breathe out on way up, in on way down