



CHRISTMAS MOVIE WORKOUT

PLAYING IN THE SNOW
10 jumping jacks

CHRISTMAS COOKIES/BAKING COOKIES
30 seconds of Mountain Climbers

HOT CHOCOLATE/EGG NOG/CIDER/COFFEE
10 pushups

CHRISTMAS TREE
15 squats

CHRISTMAS FUNCTIONS/FAMILY TRADITIONS
30-second forearm plank

SNOW/SNOW ON CHRISTMAS
10 burpees (15 if on Christmas)

BIG CITY PERSON IN A SMALL TOWN
10 lunges per leg (15 if returning to hometown)

ROMANTIC KISS
15 sit ups (20 if under mistletoe)

"LOVE" OR "I LOVE YOU" IS SAID
1-minute wall sit or squat hold