

# MERRY FITMAS!

## -DAY 1-

*Print & Go!*

### **WARM UP BEFORE STARTING WORKOUTS**

(Repeat 2x)

- 20 Air Squats
- 30 Secs Marching in Place or Running in Place
- 20 Alternating Reverse Lunge
- 20 Alternating Toe Touch

[WATCH THE VIDEO HERE](#)

## LEGS & SHOULDERS

### **DO 4 ROUNDS**

- 20 Squats
- 20 Lateral Raises
- 20 Squat Jumps
- 20 Dumbbell Deadlifts
- 20 Shoulder Press

**REST FOR 1 MINUTE**