

MERRY FITMAS!

- DAY 10 -

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](#)

QUADS & SHOULDERS

DO 4 ROUNDS

- 20 (Each Leg) Forward Lunges
- 20 Clean And Press
- 20 Narrow Leg Dumbbell Squats
- 20 Lateral Raises
- 20 Narrow Leg Squat Jumps

REST FOR 1 MINUTE