

# MERRY FITMAS!

**- DAY 11 -**

*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\*\*](#)

## **GLUTES & ABS**

### **DO 4 ROUNDS**

- 20 (Each Side) Step Ups
- 20 In and Out Jumps
- 20 Frog Pumps
- 20 Leg Up Toe Touch
- 20 (Each Side) Toe Tap

**REST FOR 1 MINUTE**