

MERRY FITMAS!

- DAY 2 -

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](#)

BACK & ARMS

DO 4 ROUNDS

- 20 Bent Over Row
- 20 Pulldown
- 20 In and Out Jumps
- 20 Biceps Curls
- 20 Overhead Triceps Extension

REST FOR 1 MINUTE