

MERRY FITMAS!

- DAY 3 -

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) Single Leg Hip Thrust
- 20 Goblet Squat
- 20 Pump Squat Jumps
- 20 Crunches
- 20 Reverse Crunches

REST FOR 1 MINUTE