

MERRY FITMAS!

- DAY 4 -

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](#)

CHEST & CARDIO

DO 4 ROUNDS

- 20 Chest Press
- 30 Secs Mountain Climbers
- 20 Chest Fly
- 20 Burpees
- 30 Secs Running In Place

REST FOR 1 MINUTE