

MERRY FITMAS!

- DAY 5 -

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](#)

HAMS & BACK

DO 4 ROUNDS

- 20 Stiff Leg Deadlift
- 20 (Each Side) Alternating DB Rows
- 20 Gorilla Jump
- 20 Sumo Squat
- 20 (Each Side) Single Leg RDL

REST FOR 1 MINUTE