

MERRY FITMAS!

- DAY 6 -

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](#)

SHOULDERS & ABS

DO 4 ROUNDS

- 20 Bent over Reverse Fly
- 20 Arnold Press
- 20 V-Press
- 30 Secs Mountain Climber Pump
- 30 Secs Plank Shoulder Tap

REST FOR 1 MINUTE