

# MERRY FITMAS!

**- DAY 7 -**

*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 & ARMS**

### **DO 4 ROUNDS**

- 20 Glute Bridges
- 20 (Each Side) Donkey Kicks
- 20 (Each Side) Curtsy Lunge
- 20 Hammer Curls
- 20 Skull Crusher

**REST FOR 1 MINUTE**