

MERRY FITMAS!

- DAY 8 -

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 & ABS

DO 4 ROUNDS

- 20 Push Ups
- 20 Close Grip Press
- 30 Secs Elbow Tap to Squat
- 20 Bicycle Crunch
- 20 Weighted Crunches

REST FOR 1 MINUTE