

# MERRY FITMAS!

## - DAY 9 -

*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](#)

## **BACK & CARDIO**

### **DO 4 ROUNDS**

- 20 Straight Arm Pulldown
- 20 Reverse Grip Cable/Bands Row
- 30 Secs Renegade Rows With Jumps
- 30 Secs Side To Side Skater Jump
- 30 Secs High Knees

**REST FOR 1 MINUTE**