



# The Holiday Circuit



**This workout is best done in 2-4 rounds (modify as needed)**

## **"Reindeer Runs" (High Knees)**

- Imagine you're a reindeer pulling Santa's sleigh! Perform **high knees**, driving your arms like you're galloping through the snow.
- **Modification:** Slow it down by marching in place.

## **"Snowball Squats" (Bodyweight Squats)**

- Pretend you're picking up snowballs and squatting down to throw them. Lower into a squat, then power up as if you're tossing a snowball.
- **Modification:** Reduce the depth of the squat if needed.

### "Elf Jumps" (Jumping Jacks)

- Channel your inner elf with some energetic jumping jacks to keep the holiday spirit up!
- **Modification:** Step out to the side instead of jumping.

### "Present Planks" (Plank Hold)

- Hold a **plank position** like you're balancing a stack of presents on your back. Keep your core tight and body straight.
- **Modification:** Drop down to your knees for a modified plank.

### "Ski Slaloms" (Lateral Hops)

- Mimic skiing downhill by hopping side to side, keeping your feet together as if you're avoiding obstacles.
- **Modification:** Step from side to side rather than hopping.

### "Santa's Sleigh Pulls" (Reverse Lunges)

- Pretend you're helping Santa pull the sleigh by stepping back into a lunge, alternating legs with each rep.
- **Modification:** Decrease the depth of the lunge or use a chair for balance.

### Finisher: Festive Core Burner

- **"Snow Angel Abs"** (Flutter Kicks): Lie on your back with hands under your glutes and flutter kick like you're making snow angels.
  - **30 seconds on, 30 seconds rest**, then repeat.