

**Edie's Holiday Fit**  
**Staff Workout**



**Warm Up prior to beginning your routine.**

**Holiday HIIT Circuit**  
**30 sec. each Exercise**

**Circuit 1**

Jumping Jacks

Ski jumps

Scissors

Squats

The page is decorated with a border of light blue snowflakes of various sizes and orientations, scattered around the edges.

## **Circuit 2**

Inchworms

Side plank leg lift

Pushups

Mountain Climbers

## **Circuit 3**

Broad Jump Shuffle Back

Plank Jacks

Lateral Shuffle Touchdown

Burpee