A person in a santa garment

Description automatically generated

Workout

**Warm-Up (5-10 minutes)**

1. **Squirrel Scamper** – Light jogging on the spot or treadmill imagining you are chasing or running away from a squirrel (like in the movie, **3-5 min**)

2. **Tree Chopping** - Simulate tree chopping actions to warm up your upper body.(**15 reps each side**)

**Main Workout (Repeat 2-3x)**

1. **Clark’s Crazy Sled** - Push Sled **down and back** (mimicking Clark Griswold's wild sled ride) (**Virtual:** mimic a sled by putting dumbbells on a towel and push it across floor)

2. **Christmas Light Hanging** – Lateral Arm Raises (imagine hanging lights around the house, **15 reps**)

3. **Cousin Eddie’s RV Pump** - Push-Ups (Cousin Eddie style, strong and a bit quirky, **12 reps**)

4. **Tree Lifting Sumo Squats** - (visualizing lifting a tree like Clark does, **15 reps**)

5. **Griswold Family Dance** – Speed Skaters(let loose with hoping back and forth, **1 min**)

6. **Attic Isolation Lunges** -Hold a Lunge position and dip down (picture Clark getting stuck in the attic, **10 reps on each leg**)

7. **Gift Wrapping Crunches**- Crunches (as if you're reaching for wrapping paper and tape, **15 reps**)

**Bonus (Repeat 2x)**

8. **Jelly of the Month Club Plank** - Hold a plank, imagining you're holding up your Jelly of the Month Club certificate with pride. Do a **1–2-minute** plank depending on your ability.

**Cool Down (5-10 min)**

1. **Christmas Star Reach**- Standing or seated forward bends, imagine reaching for a star on top of a tree.

**A person riding a sled

Description automatically generated**2. **Family Hug** - Wrap your arms around yourself for a nice hug to stretch the upper body.

**Name When Completed:**