

**Workout**

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

1. **Reindeer Prances:** (Jog in place, lifting your knees high to your chest) - **2 mins**

2. **Hermey's Stretch:** (Shoulder Circles and Wrist Circles) - **2 mins**

3. **Bumble's Roar:** (Standing forward bends and gentle backbends to loosen up the spine) - **2 mins**

**Workout (20-30 minutes)**

**Circuit 1: Yukon Cornelius** (**Repeat 3x before moving on**)

1. **15** **Gold Digging Squats:** (Squat with a forward punch at the bottom of each squat)

2. **10 each leg** **Prospector Lunges:** (Alternating lunges forward)

3. **10** **Iceberg Jumps:** (Box Jumps or Step Ups)

**Circuit 2: Island of Misfit Toys Routine** (**Repeat 3x before moving on**)

1. **1 min** **Toy Train Planks:** (Plank position moving laterally like a train)

2. **20** **Doll Twists:** (Russian Twists)

3. **20** **Elephant Flies:** (Jumping Jacks mimicking elephant ears with arms)

**Circuit 3: Rudolph's Flight School** (**Repeat 3x before moving on**)

1. **15** **each leg** **Reindeer Kicks** (Donkey Kicks)

2. **10** **Sleigh Push-Ups w/Taps:** (Push-Ups with a shoulder tap at the top of each rep)

3. **10** **Nosedive Burpees** (Burpees with a jump at the top to mimic flying)

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

1. **5 min** **Misfit Yoga Stretch:** (A series of gentle yoga stretches to cool down)

A person riding a sled

Description automatically generated2. **5 min** **Clarice's Calmness:** (Deep Breathing and relaxation)

**Name When Completed:**