

Countdown to Christmas Workout

- 25 Jump Squats
- 24 Rev Lunges (12e)
- 23 Goblet Squats
- 22 Plank Shifts
- 21 Seal Jacks
- 20 Skull Crushers
- 19 Pulsing Sumo Squats
- 18 Running Man
- 17 Tricep Ext
- 16e Screamers
- 15 Plank Jacks
- 14 Curl to Press
- 13e Side Plank Hip Dip
- 12 Around the World
- 11 Leg Lifts
- 10e Single Leg Deadlift Reach
- 9 Seated Tucks
- 8e 3 way curls
- 7 Thrusters
- 6 Tricep Push Ups
- 5 Burpees
- 4 Min Tabata (mt climbers & Jumping Jacks)
- 3 Walkout Push Up
- 2 Min Wall Sit
- 1 Min Plank