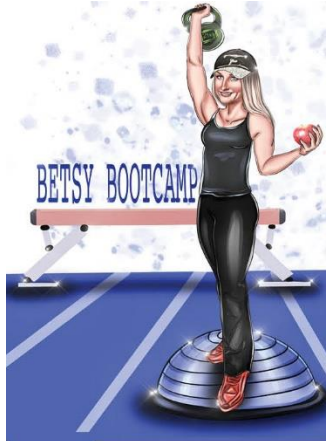


Christmas Workout #1

BETSY BOOTCAMP



Spice up your holiday training with his FUN workout which can be done with all levels, modify if you need to for lower levels. It's actually very challenging as well! Season's Greetings!

You Will Need:

Yoga Balls

Kettle Bells

AB Roller or Foam Roller

Foam Blocks Sliders

Long Bands Battle Ropes

Elves (stuffed or one the shelf)

Rings (Pilates or hula hoops)

Part 1

Name	Reps/Minute
Rocking Baby Jesus	30
Snow Angels	30
Rolling the Cookie Dough	10 each direction
5 Golden Rings	5 hops to ring, kick 5x
Snowball Fight	(undetermined time)
Rolling Snow Balls	4 passes
Dashing Through the Snow	4 passes
Christmas Bells	30 swings
Rocking Around the Christmas Tree	2xs around the tree
Sleigh Ride	6 passes
Santa's Sleigh Ride	60
Elf on the Shelf	10 each leg
Bell Ringers	20
Santa's Gifts	10x