

# Christmas Workout #2

BETSY BOOTCAMP



More holiday fun coming your way with another Holiday themed workout! Fun and challenging, be sure to put on some holiday music and work hard, play hard! Happy Holidays from Betsy Bootcamp!

## You Will Need:

Sliders

Weighted Bars

Small Bands

Kettle Bells

Battle Rope

Long Bands

Stability/Yoga Ball

Stuffed Toys for Ornaments

## Part 2

Name	Reps/Minute
Nutcrackers	50
Reindeer Runs	10 passes
Snow Angels on Belly	30
Grinch Walks	4 passes
Candle Sticks	30
Ule Log Rolls	2 passes
Snowy Mountain Climbers	50
Hauling out the Holly	2x around the floor
Giddy Ups!	60 seconds
Snow Skiing	30 each leg
Decorating the Christmas Wreath	3 times each direction
Ringing the Bells	20
Snow Ball Roll	4 passes