



Hallmark Christmas Movie Workout

Snowball Fight/Ice Skating/Sledding

10 Jumping Jacks

Christmas Cookies/Baking Cookies

30 Seconds of Mountain Climbers

Hot Chocolate/Egg Nog/Cider/Coffee

10 Push Ups

Christmas Trees/Christmas Tree Farms

15 Air Squats

Christmas Functions/Family Traditions

30 Second Forearm Plank

Snow/Snow on Christmas

5 Burpees – 10 Burpees for Snow on Christmas

Big City Person In A Small Town

10 Lunges Per Leg/15 For A Return To A Hometown

Romantic Kiss/Kiss Under The Mistletoe

10 Sit Ups – 15 Under The Mistletoe