



HOKEY HOLIDAY WORKOUT



Complete the entire circuit 3 times through, depending on how much time you have. Happy Holidays!

1 2 3 (Check off after completing each exercise.)

POLAR EXPRESS PUSH UPS 20 Reps

JINGLE BELL JACKS 20 Reps (10 on each side)

REINDEER ROW BACKS 20 Reps (10 on each side)

SANTA SQUATS 20 Reps

CANDY CANE CRUNCHES 20 Reps (10 on each side)

MISTLETOE MOUNTAIN CLIMBERS 10 Reps



Share your progress pics on social media using hashtag #HokeyHolidayWorkout and tag @sarahaleyfit