

# TURKEY TRAINING WORKOUT

Do one set of each move  
in order. Repeat the  
circuit 3 times.

## 1. CORNICOPA CRISS-CROSS CHOPS 15 reps to each side (30 Total)



- Clasp hands together and rotate the entire body to one corner of the room as you swing your hands back over one shoulder.
- Squeeze abs and butt and forcefully swing down to the opposite corner.

## 3. MASHED POTATO MOUNTAIN CLIMBERS 20 with each leg (40 Total)

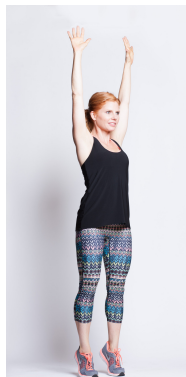


- Begin in a plank position.
  - Lift the same hand up as knee that pulls in and "mash the potatoes". Work to keep the hips steady and even.
- \*If your hips are moving too much, just try lifting the knees alternating 4x followed by the hands 4x.*

## 5. THANKSGIVING BREAK BURPEES 10 reps



- Begin on the floor in a squat.
- Push your legs back and lay flat with your hands underneath your shoulders.
- Jump your legs in between your hands to come BACK into a squat.
- Stand up and reach up.



## 2. SWEET POTATO INSIDE OUT SQUATS 10 reps to each side (20 Total)



- Face one side of the room and lower into a squat.
  - Push off the floor to jump up and turn body front.
  - Land facing the opposite direction.
- \*If you're not up for jumping, just walk your squats to face each side of the room.*

## 4. TURKEY GOBBLER GET UPS 6 reps on each side (12 Total)



- Begin flat on your back (not pictured) with your right arm and knee up. Use your abs to lift up until your left elbow is on the floor. Your legs should NOT move.
- Focusing on the right hand, push all the way up onto the your left palm so your hips are lifted high off the floor.
- Slide your left leg underneath you so you are kneeling on it. The right foot should NOT move.
- Lean over to touch the ground with your right hand and bring your left hand to your head. Reverse the process until you are lying back on the ground again.

## 6. CORNBREAD STUFFING STRETCH & CRUNCH 10 reps



- Begin on your back with your hands behind your head and your knees lifted. Crunch up as you lift your hips slightly off the floor so that your knees and elbows come close together.
- Use a little momentum from your crunch to come up to a seated position with your legs straight out in front of you. Reach forward to stretch the back & hamstrings. Hold the stretch for a count of four before repeating.