

# *Christmas* **Movie Workout!**

Get everyone involved with some holiday spirit and fun!

## **Every Time You Hear This Word(s)**

Christmas

Santa

Gift / Present

"Elf" or "Buddy"

"You'll shoot your eye out!"

North Pole

Naughty or Nice

## **Do This Exercise**

10 Jumping Jacks

5 Squats

5 Side Leg Lifts (per leg)

10 Lunges (per leg)

10 Pushups

3 Burpees

Hold Planks for 30 secs.



**Print out and have some fun! Don't be bahumbug!**