



## STAFF WORKOUT

# EDIE

## A CHRISTMAS STORY THEMED HIIT WORKOUT



### WARM-UP:

Repeat 2x 60 Seconds Each Exercise

High Knees

Butt Kicks

Full Range Jumping Jacks

Squat Jacks

Inchworms



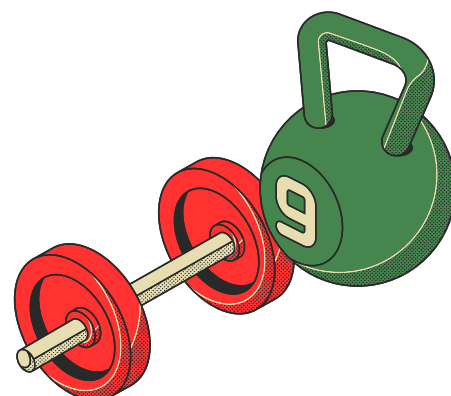
### ROUND 1: ONE LEGGED LAMP

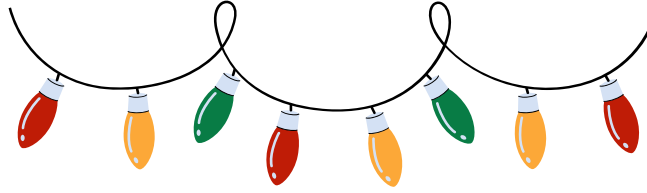
Single Leg Squats 30 sec. each side

Single Leg RDL 30 sec. each side

(Repeat 3x)

60 sec. High Knees





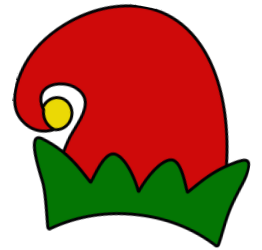
## ROUND 2: CHRISTMAS GOODIES

Tree Topper - 30 sec. (Standing weighted oblique crunch one side at a time to a bent over reverse fly)

Gingerbread Man- 30 sec. (Inchworm walk out to plank. Walk hands apart to a wide pec deck pushup and walk hands back in)

(Repeat 3x)

60 sec. Concert Jumps (Quick jumps with arms in air)



## ROUND 3: RALPHIES

Penguin Crunch to alternating V ups - 30 sec.

Elf Kicks - 30 sec. (Low squat hold kick those heels out)

(Repeat 3x)

60 sec. Bunny Hops



## ROUND 4: SANTA'S FINISHER

Supermans - 30 sec.

Santa Coming Down the Chimney - 30 sec. (Boat hold, feet/back off ground hold)

Chimney Toppers - 30 sec. (Supine to seated rope climbs all the way up all the way down)

(Repeat 3x)

