A green character in a garment

Description automatically generated

Workout

**Warm-Up (5-10 minutes of light cardio):**

**1**. **Whoville Jog** – Light jogging in place or around your living space to get your heart rate up or treadmill.

**Main Workout: (Repeat 3-5x)**

**2. Grinch's Heart Pump** – **20 Jumping Jacks** to get your heart pumping like the Grinch's growing heart.

**3. Cindy Lou Squats** – **15 Squats** to build strength and endurance like Cindy Lou.

**4. Max's Mountain Climbers** – **20 Alt. Mountain Climbers** to climb the mountain with Max.

**5. Whoville Lunges** – **10 Lunges (each leg)** to walk through the streets of Whoville.

**6. Christmas Tree Plank** – **30 seconds Elbow Plank** to hold your body strong and tall like a Christmas tree.

**7. Sleigh Push-Ups** – **10 Push-ups** to get strong enough to pull the sleigh like the Grinch.

**Cool Down:**

**8. Starlight Stretch** – **5-10 minutes** of stretching, focusing on your arms, legs, and back, reaching tall like the star on top of the tree.

**Bonus: Fun Activity:**

**9. Snowball Fight** – Have a pretend snowball fight for **5-10 minutes** to get some fun cardio in, like the Whos having a snowball fight.

A person riding a sled

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**Name When Completed:**