

Workout

**Warm Up (Repeat 2-3x):**

1. **Ralphie's Warm Up Run:** Go for a **10-minute jog or brisk walk**, recalling Ralphie's quest for his Red Ryder BB gun.

2. **Tongue Stuck to Pole Stretch:** Find a wall or sturdy surface to do a **30 sec. standing calf stretch** while imagining someone's tongue getting stuck to a frozen pole.

**Main Workout (Repeat 2-3x):**

3.  **Red Ryder Jumping Jacks:** Begin with **25 jumping jacks** to warm up those muscles, just like Ralphie would jump with excitement for his Red Ryder BB gun.

4. **Leg Lamp Lunges:** Do **15 forward lunges each side**, pretending you're the Old Man, admiring his "major award."

5. **Triple Dog Dare Push-Ups:** Challenge yourself with **12 push-ups**, imagining you're Flick, who famously took on the triple dog dare.

6. **Snowball Fight Squats:** Perform **20 squats**, pretending you're engaged in a friendly snowball fight like Ralphie and his friends.

7**. Bunny Suit Burpees:** Complete **10 burpees**, as if you're getting in and out of Ralphie's pink bunny suit.

8. **Christmas Tree Plank:** **Hold a plank 30 sec.**, envisioning the family's struggle to set up the Christmas tree.

9. **Dad's Award-Winning Turkey Leg Lifts:** Lie on your back and do **15 leg lifts** while picturing the turkey that the Old Man won as a prize.

10. **BB Gun Russian Twists** – Sit on the ground, lift your legs, and perform **30 Russian twists**, passing a "BB gun" (or a weight) from side to side.

**Cool Down:**

11. **Caroling Cool Down:** Finish with some deep breaths and light stretches while humming your favorite Christmas carols from the movie.



**Name When Completed:**