

**Staff Workout:**

**Edie**



**A CHRISTMAS STORY THEMED HIIT WORKOUT**

**WARMUP**

High Knees
Butt Kicks
Full Range Jumping Jacks
Squat Jacks
Inchworms

(**REPEAT 2 X 60 SECONDS EACH EXERCISE**)

**ROUND 1- ONE LEGGED LAMP**

Single Leg Squats 30 sec each side
Single Leg RDL 30 sec each side

(**REPEAT 3X**)

60 Sec. of 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 the air)

**ROUND 3- RALPHIES**

Penguin Crunch to alternating V ups- 30 sec
Elf Kicks- (low squat hold kick those heels out)- 30 sec

(**REPEAT 3X**)

60 Secs. of BUNNY HOPS

**SANTA'S FINISHER**

Supermans- 30 sec
Santa coming down the chimney- (boat hold, feet/back off ground holding for 30 sec)
Chimney Toppers- (supine to seated rope climbs all way up all the way down 30 sec)

(**REPEAT 3X**)



**Name When Completed:**