A person in a green garment

Description automatically generated

Workout

**Warm-Up: North Pole Stretching**

**1.** **Snowball Fight (Jogging in Place):** **3 min.**

**2.** **Elf Splits (Lunges):** **10 on each leg**

**3.** **Candy Cane Reach (Side Bends):** **10 each side**

**Main Workout: Elf Training Circuit: Repeat 3-5x each exercise.**

**1. Sleigh Pull (Resistance Band Rows):** **15 reps**

**2.** **Santa's Lift (Deadlifts):** **15 reps**

**3.** **Gingerbread Man Race (High Knees):** **30 sec.**

**4.** **Snow Angel Flutters (Alt. Flutter Kicks): 30 reps**

**5.** **Polar Bear Plank:** **Hold for 30-45 sec.**

**6.** **Gift Wrapping Squats:** **15 reps**

**7.** **Toy Assembly Line (Mountain Climbers):** **30 sec.**

**Cool Down: Christmas Star Cool Down**

**1.** **Snowflake Stretch (Child's Pose):** **Hold for 30 sec.**

**2.** **Reindeer Relaxation (Cat-Cow Stretch):** **10 reps**

**3.** **Santa's Sleigh (Seated Forward Fold):** **Hold for 30 sec.**

A person riding a sled

Description automatically generated**4.** **Elf Wind Down (Deep Breathing):** **1-2 min.**

**Name When Completed:**