A person wearing a santa hat and red shirt

Description automatically generated

Workout

**Warm-Up (5-10 minutes):**

1. **Chimney Climbs (Mountain Climbers)**: Inspired by Santa's mode of entry, start your workout with mountain climbers to get your heart rate up.

2. **Sleigh Ride Run (Jog in place)**: Just like Santa has to keep up with his sleigh, you will begin your workout with a gentle jog in place.

**Main Workout (30sec.-1min on each exercise, 2-3x)**

1. **Elf Lifts (Squat Jumps)**: Imagine being a swift elf working in Santa’s workshop, with squat jumps to keep you nimble and strong.

2. **Reindeer Pulls (Rowing):** Channel the strength of reindeers pulling the sleigh, with a rowing exercise. If you don't have rowing equipment, you can simulate the motion using resistance bands.

3. **Gift Wraps (Russian Twists)**: Work your core with Russian twists, reminiscent of elves quickly wrapping gifts.

4. **Chimney Drops (Burpees)**: Incorporate burpees to your workout, imitating Santa dropping down the chimneys swiftly.

5. **Snow Shovelers (Woodchops)**: Santa needs a clear path to enter homes! Perform woodchops, mirroring the action of shoveling snow.

6. **Cookie Crunchers (Bicycle Crunches)**: Work on bicycle crunches, symbolic of Santa munching on cookies left by kids.

**Cool Down (5-10 minutes):**

1. **Star Gazing Stretch (Child's Pose)**: After the delivery route is done, relax and wind down with a child's pose, imagining Santa gazing at the starry night sky.

2. **Sleigh Lean (Side Stretches)**: Perform side stretches to cool down, picturing Santa leaning on his sleigh enjoying a job well done.

A person riding a sled

Description automatically generated

**Name When Completed:**