

Christmas Family Workouts

Burning the Roast Workout

15 minute HIIT workout built for burning fat from over indulging on Christmas Day

Every minute on the minute for 15 minutes
- perform these exercises for a total of 3 rounds.

Exercise 1

Happy Holly High Knees!

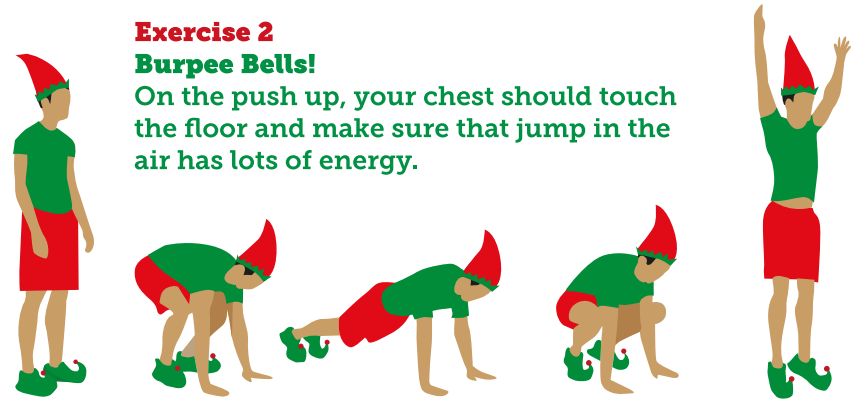
Knees high with lots of energy.



Exercise 2

Burpee Bells!

On the push up, your chest should touch the floor and make sure that jump in the air has lots of energy.



Exercise 3

Party Plyometric Jumps!

Hinge at the hips to engage the hamstrings and glutes before you propel yourself high with a controlled landing.



Exercise 4

Merry Mountain Climbers!

Your body should form a straight line from your shoulders to your ankles, and squeeze those abs.

