

Employee Wellness presents

# HOLIDAY

## Family Fun Workout

**2 exercises x 10 reps x 2 sets**

Do 10 repetitions of each exercise. Rest and repeat once more for a total of two sets to complete each circuit.

### Circuit One

Gingerbread Jumps

Polar Bear Pushups

### Circuit Two

Catch the Snowflakes

Candy Cane Crunches

### Circuit Three

Mistletoe Marches

Standing Snow Angels

### Circuit Four

Peek Under the Tree

Grinch Glides

### Circuit Five

Snowman Shoulder Taps

Ice Skaters

