

The Holiday Hustle

10 Burpees

15 Side Lunges (each leg)

15 Standing knee to elbow

10 Push ups

15 Mountain climbers

10 Squat jumps

15 Skaters

30 Second plank

(Repeat 3 times)

Consult a physician before performing this or any exercise program. It is your responsibility to evaluate your own medical and physical condition and to independently determine whether to perform any of the suggested exercises. Always use proper form and listen to your body.

Debby Schiffer, Wellness Director TRICO & BURLCO JIF.....856-322-1220