

Preppin' for the Holidays Workout

By Amanda Pack, cPT, RYT, IRONMAN Certified Coach



After warming up, complete 1-4 rounds of 1 minute of each exercise followed by 30 seconds of rest. Not at a gym? Get creative with "weights." Kids hyped up on holiday excitement? Have them join you!

Shopping Spree - Step ups with kettlebells, weights, or holding plates

Load the Tree - Overhead press with bar

Gingerbread House Construction - Hold a box or plate

Jumps of Joy - Star jumps

Suitcase Through the Airport - Suitcase carry

Stringing the Lights - TRX rollouts or plank reaches

Onward Reindeer - Battle rope stage coach/double waves

Ice Skaters - Skaters

Hanging On 'Til the New Year - Dead hang

Tossing Presents - Med ball wall throws

'Nog Curls - Wall sit with bicep curls

Chimney Climbers - Mountain climbers

