

Thanksgiving Workout #2

Instructions: Warm up for 5 minutes.

3 or 4 rounds depending on how hard you want to work!

- 1. In and out Runs 20 each**
- 2. Push ups 10**
- 3. Jump Jack Squat 10**
- 4. Side Plank on left 30 sec**
- 5. Side Plank on right 30 sec**
- 6. Reverse Lunge 10 each**
- 7. Inchworm 10**
- 8. Skaters 10 each**