

# **Thanksgiving Workout #1**

**What you need: A great attitude and a timer**

**Instructions: Warm up for 5 minutes.**

**Set a Timer (your phone will work fine)**

**Hardest: 40/20**

**Easier: 30/30**

**3 sets**

- 1) Mountain Climbers**
- 2) Jump Squats or Squats**
- 3) Bridges**
- 4) Burpees**
- 5) Push Ups**
- 6) Broad Jumps**
- 7) Plank with a shoulder touch**
- 8) In and Out Runs**
- 9) Forward Lunges**
- 10) Touchdown Squats**