

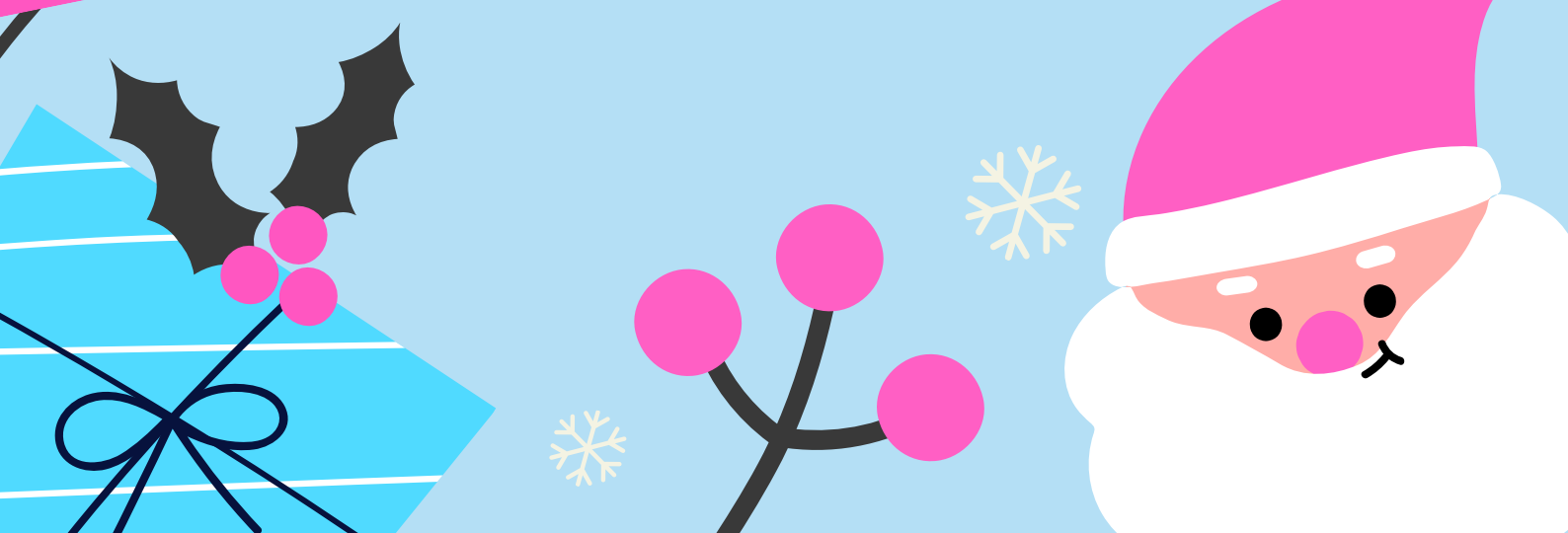


YOUR M-PULSIVE

Christmas

ACTIVITY PACK

WORKOUTS



REINDEER DASH RELAY

PRETEND TO BE SANTA'S REINDEER
DELIVERING PRESENTS!

- GALLOP LIKE A REINDEER FOR 1 MINUTE.
 - JUMP OVER IMAGINARY ROOFTOPS
(BROAD JUMPS) 10 TIMES.
 - DASH TO THE 'NEXT HOUSE' (RUN IN
PLACE) FOR 30 SECONDS.
- REPEAT THE CIRCUIT 3 TIMES

ELF TOY FACTORY WORKOUT

PRETEND YOU'RE HARDWORKING ELVES
MAKING TOYS IN SANTA'S WORKSHOP!

- HAMMERING (PUNCHES FORWARD AND
OVERHEAD) FOR 30 SECONDS.
- TOY STACKING (SQUATS, PRETENDING TO
LIFT TOYS ONTO SHELVES) FOR 10 REPS.
- GIFT WRAPPING (SPINNING SIDE TWISTS)
FOR 20 REPS.
- CANDY CANE JUMPS (JUMPING JACKS)
FOR 1 MINUTE.



SANTA'S SLEIGH RIDE ADVENTURE

ACT OUT HELPING SANTA DELIVER PRESENTS!

- PUSH SANTA'S SLEIGH (BEAR CRAWLS) FOR 10 METERS.
- CLIMB THE CHIMNEY (HIGH KNEES) FOR 30 SECONDS.
- DROP PRESENTS INTO THE CHIMNEY (BEND AND TWIST TO TOUCH THE FLOOR) FOR 20 REPS.
- FLY BACK TO THE NORTH POLE (STAR JUMPS) FOR 1 MINUTE.




TWELVE DAYS OF FITNESS

A WORKOUT INSPIRED BY THE SONG 'THE 12 DAYS OF CHRISTMAS.'

1. STAR JUMP.
2. PUSH-UPS.
3. SNOWBALL THROWS (PRETEND THROWS).
4. CANDY CANE LUNGES (2 ON EACH LEG).
5. GOLDEN SPINS (SPIN IN PLACE 5 TIMES).
6. REINDEER KICKS (DONKEY KICKS).
7. ELF LEAPS (JUMPING SQUATS).
8. CHIMNEY CLIMBS (MOUNTAIN CLIMBERS).
9. SLEIGH PUSHES (PLANK HOLD).
10. TINSEL TWISTS (STANDING SIDE TWISTS).
11. JOLLY JOGS (RUN IN PLACE).
12. PRESENT LIFTS (PRETEND TO LIFT A HEAVY GIFT OVERHEAD)





A 10X ARM CIRCLES
B 5X BURPEES
C 10X CRUNCHES
D 5X DONKEY KICKS
E 20SEC ELBOW PLANK
F 3X FROG JUMPS
G 10X GLUTE BRIDGES
H 20X HIGH KNEES
I 3X INCH-WORMS
J 10X JUMPING JACKS
K 10X PUNCHES
L 10X LUNGES
M 10X MOUNTAIN CLIMBERS
N 5X JUMP SQUATS
O 3X PUSH UP
P 10X PLANK SHOULDER TAPS
Q 10X OBLIQUE TWISTS
R 20X QUICK FEET
S 8X REVERSE LUNGES
T 10X RUSSIAN TWISTS
U 20SEC SIDE PLANK
V 10X SQUATS
W 10X TOE TOUCHES
X 10X UPRIGHT ROWS
Y 5X V-UPS
Z 30SEC WALL SIT

USE THE EXERCISE LIST TO MAKE WORKOUTS WITH THE FOLLOWING WORDS

CHRISTMAS EVE SILENT NIGHT MISTLETOE

MAKE UP YOUR OWN AND SHARE WITH US ON SOCIALS

