



SNOW DAY WORKOUT

SERVING FAMILY, FITNESS & FUN!

(BE SURE TO WARM-UP BEFORE AND COOL-DOWN AFTER EXERCISE.)

PERFORM 2-3 REPS OF EACH SET:

SET 1

1-Min High Knees (*Run or March*)
20 Lunges / Plyo Lunges
15 Push-ups
15 Snow Angels

SET 2

1-Min Ice Skaters
20 Squats w/ Lateral Raise
15 Supermans
15 Cross Mountain Climbers

SET 3

1-Min Jump Rope
20 Good Mornings
15 Dips
30-Sec Side Hover Hold Each Side

AMRAP KICKER (5 MINUTES, AS MANY ROUNDS AS POSSIBLE)

10 Inchworm Push-Ups
10 Burpees
10 Good Morning - Squat Combo

