

21-DAY CHRISTMAS EXERCISE CHALLENGE

6-MINUTE DURATION • REST 30 SECONDS BETWEEN INDIVIDUAL EXERCISES



15 REPS
(each direction)

1 ARM CIRCLES



15 REPS

2 SIT-UPS



15 REPS

3 BRIDGES



15 REPS

4 PUSH-UPS (FROM KNEES)
(OR WALL PUSH-UPS)



15 REPS

5 HEEL RAISES



15 REPS

6 AIR SQUATS
(OR MINI SQUATS)