



# HEALTHY HOLIDAY

challenge

## MOVEMENT



### Holiday Workout

- Work-out type: Full-Body
- Location: Can be completed at home or in the club
- Equipment needed: 1 dumbbell

#### Breakdown\*:

1. Global Squat | 10 Reps
2. Step Ups | 10 Reps, Each Side
3. Rows | 10 Reps
4. Curl to press | 10 Reps
5. Alt. Reverse Lunges | 10 Reps, Each Side
6. Push Ups | 10 Reps
7. Tricep Pullover | 10 Reps
8. Reverse Flys | 10 Reps
9. Mountain Climber | 20 Reps
10. Knee Grabs | 10 Reps

\*Repeat 3 - 5 sets

