

30 Minute Rudolph Workout

Warm Up (5 Min)

1. Ballet Squats/King Kongs
2. Lunges – stationary or moving
3. Head, shoulder, knees and toes
4. High Knees/Butt Kicks
5. Woodchoppers
6. Side Crunches – standing or ballet squatting
7. Arm Circles
8. Chest Wings
9. Shoulder Press
10. Pull downs

1 Min per Exercise; Repeat

Cool Down/Stretch (5 Min)

Drink plenty of water during the cold weather months.



For you!



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For a Friend!